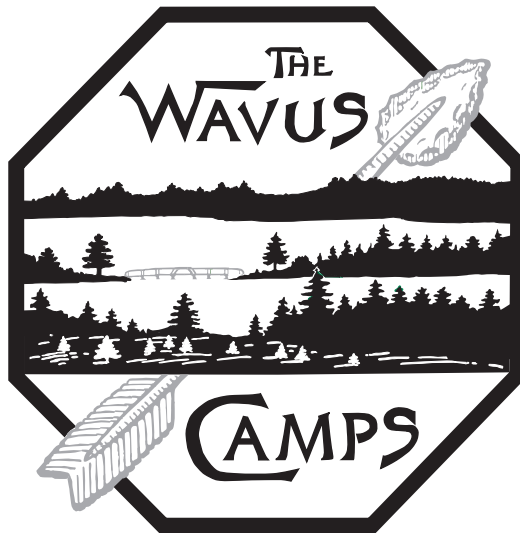


The Wavus Annual 2011

Published by and for the
Staff and Campers of Wavus



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Wavus Annual Dedication – 2011



When Nancy Kennedy hires staff members for Wavus or the Veterans camps, the number one character trait she looks for is people who, in her words, “love easily.” Clearly she leads by example. Occasionally you meet someone for the first time who instantly puts you at ease. The person listens well, engages you in thoughtful conversation, is quick with a smile, genuine, and shares many of your same interests and values. You just plain want to be around that person as much as you possibly can. Nancy (Pants) Kennedy is one of those people. If her first year as Director of Wavus is any indication of what the future holds here, we all can look forward to lots of laughs, tears, and everything in between for many years to come. She embraces life to its absolute fullest and brings out the best in everyone. Welcome aboard, Nancy!



THE RAYS OF THE TOTEM

We open the Council Fire with these words as a whole camp

“These are the rays of the totem that burn and gleam bright on our pathway. These are the symbols we cherish, and through the far years will remember.”

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment

Bravery the **Indian** speaks of courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished if self control rules our emotions.

Love, said the Master, is the greatest, and we too would follow the Master. We too would **love** friend and foe and help all with deep understanding

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be steadfast. He'll weave his web over and over. We too must be willing to try, and try again, times without number.

Forget-me-not **flower** speaks to remind us to be loyal in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its radiance of cheer into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more work together, a defeat is transformed into triumph. (**rowboat**)

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

The rays of the totem have served as symbols to aspire to and live by at Wavus. They are represented on our totem in the Council Fire Circle. Counselors are asked to select a ray for each girl in their cabin. The ray is chosen based on what ray the camper demonstrated, or a ray to which the counselor would like to see her aspire (knowing that she can). These rays are presented either on the last evening or on the last day of the session.

**This has been a long standing tradition with the first Girls Camp
(Wawanock) at Wavus that we continue to honor in
*Keeping The Spirit Alive!***



The History of Wavus

Begun in the summer of 1922 with just four girls and a staff of six, the Wavus Camps flourished and, at its peak in the 1960s, was a two hundred camper brother/sister camp, called Damariscotta Camp (for boys) and Camp Wawanock (for girls). Founded and run by “Chief” and Emma Andrews for 30 years, Wavus thrived under the leadership of Harold and Shirley Westerman for another 24 years. Generations of boys and girls learned self-reliance and sportsmanship, as well as the many skills required for wilderness camping.

Unfortunately, the Wavus Camps closed after the 1976 season due to several reasons, including the Westermans’ wish to retire and the overall slowdown of the camping industry during the 1970s. The property was sold to a private owner and left dormant for sixteen years. Our own Scottie Henry was the Wavus groundskeeper from 1988 - 1992. Scottie lived at Owls Nest from September 15, 1989 - January 14th 1990 ... Last lake bath was January 12th!

When the property was offered for sale in 1992, former campers and a team of local environmentalists banded together to preserve the land intact. This group became The Wavus Foundation and staged a successful one million dollar campaign to purchase the ninety-five acres with the goal of reestablishing summer camping, and ultimately a year-round learning center. The Wavus Spirit was rekindled in 1995 with the establishment of a day camp and two teen programs called the Pioneers and Theater in the Pines. Traditions were restored, camp songs passed along and once again the sounds of boys and girls at play were heard in the pines.

In 2004, facing the hard realities of a start-up business, a task force was created by the Wavus Foundation Board to assess the future of the organization. This led to discussions with Camp Kieve and ultimately to the July 2005 merger of the two great camps. The two boards of directors joined to create Kieve-Wavus Education, Inc. The summer of 2006 brought new life to Wavus as it opened its next chapter as Wavus Camp for Girls.

One of the common graces said at meals at Kieve-Wavus asks God to “make us ever mindful of the needs and feelings of others”, and the program, both in camp and on the trips, is designed to achieve that goal.

The underlying philosophy has always been that a minimum of rules, balanced by a large number of understanding counselors and a program of emphasizing free choice while de-emphasizing keen competition between individuals gives us the best chance for success. Our fundamental rule is that everyone has the right to be treated with kindness and respect.

THE WAVUS PRAYER (Before each meal)

Bless this food before us
And my friends gathered round
I am grateful for the roof above my head
And the floor beneath my feet
Rub-a-dub-dub
Thanks for the grub
Let’s eat!

Wavus Song

We spend our days at Wavus
In friendship and in peace
We strive to reach new places
We're free to learn and grow

We the girls of Wavus
Are committed to
Courage and Kindness
To all old friends and new

We the women of Wavus
Are committed to
Respect, responsibility
In all that we do.



JUNIOR WAVUS RESPECT – FIRST SESSION

Top: Bethie Fowler, Olivia Grubb, Nicole Saridakis, Charlotte Epker, Logan Truluck, Sydney MacKeigan; Bottom: Caroline Sapir, Sophia Rockefeller, Mead Coughlin, Emma Conley, McKenna Goldstein; (not pictured: Lexi Casale, Meredith Haynes)



JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

Top: Chiara Kremer, Jo Jo Henry, Lucy Wilmerding, Ri Ri Hennessy; Bottom: Elise Lindsey, Lacey Brune, Raegan Harrahy, Delia Duggan, Honor Paton, Emer Kilgallon; (not pictured: Katie Paige, Kasey Villeneuve)



JUNIOR WAVUS COURAGE – FIRST SESSION

Top: Summer Spiegel, Tatum Kelly, Livvy Dexter, MaryCate Hayes; Bottom: Kelly Gould, Brookie Harvey, Caroline Troy, Elaina Hawkins, Jesse Jill; (not pictured: Pam Porter, Kim Picard, Stephanie Ambrose)



JUNIOR WAVUS KINDNESS – FIRST SESSION

Top: Lily Goltz, Charlotte Meyercord, Aileen Hurd, Nevaeh Thompson, Shauna Choate, Annie DiAdamo; Bottom: Caroline Link, Susanna Cabot, Lins Belisle, Camilla Gowen, Elizabeth Robbins-Cole; (not pictured: Bethany Preuss, Kasey Jakonis)



ALGONQUIN – FIRST SESSION

Top: Margi Emhof, Mandy Mathais, Lindsay Dinmore; 2nd: Liv Falk, Elise Johnston, Lily Diln, Leah Antonatos, Sarah Weaver; Bottom: Blake Cote, Ceci Fletcher, Lindsey Harrison, Brooke McLanahan, Margo Williams



MOHAWK – FIRST SESSION

Back: Jessica Reilly, Kailey McKenna; Middle: Amelia Schelle, Emory Gatchell, Lilly Graul, Ella Liversidge, Amelia Bransfield; Front: Eliza Lord, Ellie Hopkins, Effie Blue, Ellie Blkue, Becca Pickering, Hadley Cashman



CAYUGA – FIRST SESSION

Top: Caroline Olesky, Sophie Pruett, Anika Shorr, Mairead Kilgallon; 2nd: Betsy Hunt, Sarah Speegle, Anoushka Kiyawat, Moe Thompson, Margaux Suinat, Buckley Norman, Caroline Carpenter; Bottom: Christine McCormick, Logan Faulkingham, Elizabeth Cook



CHEROKEE – FIRST SESSION

Top: Stephanie Ambrose, Molly Underhill, Hayley Bright, Missy Harney; 2nd: Isabelle Titcomb, Effie Nathan, Bennett Dolan, Kate Schlager, Merrill Truluck, Ellie Del Guercio; Bottom: Lila Knott, Ella Engel, Darcy Whitman, Annie Knott



NARRAGANSETT – FIRST SESSION

Top: Christine Reighley, Julia Welter, Lauren Page; 2nd: Georgia Dettmann, Kelly Slimmon, Lane Kizziah; 3rd: Tookie Wilson, Eliza Pohle, Lizzy McGrady; Bottom: Kathryn Antonatos, Crinny Woloson, Sophie MacKeigan, Grace Lyons



OJIBWAY – FIRST SESSION

Top: Charlotte Perkins, Carly Shea; 2nd: Zoey Sewall, Alix Archambeau, Maze Knowles; 3rd: Sophie Kruyt, Kaitlyn Wilson, Cricket Dotson; Bottom: Katharine Dougherty, Lily Epstein, Katie Caffrey; (Not pictured: Eden Walsh)



OMAHA – FIRST SESSION

Top: Bailey Sitz, Alex Danz, Margaret Tucker; 2nd: Anna Morse, Isabel Canning, Molly Weegar; 3rd: Caroline Jessup, Hannah Jones, Bria Slobodnik, Sabrina Soros; Bottom: Eliza Denious, Katherine Jessup, Emilie Craig, Katherine Von Weise



SHAWNEE – FIRST SESSION

Top: Kate Adair, Claire Hirschberg, Alexa Fiszer; 2nd: Reeves Sturtevant, Sophie Jayet, Sydney Graul, Margaret Dent; 3rd: Hannah Frater, Zoe Fox, Austin Gatchell, Sophia Linkas; Bottom: Margaux Forcione, Sam Rooney



AT Sea I – FIRST SESSION

Top: Kelly Gould, Claire Lupo, Amy Davis, Frances Robinson, Kim Picard;
 2nd: Allie Riker, Camille Falezan, Tess Kruyt; 3rd: Katie Chandler, Livia Fries,
 Charlotte Phillips; Bottom: Honor Paine, Emma Cusano, Abby Tanen, Dede
 McKelvy



AT Sea II – FIRST SESSION

Top: Mads Sneedeen, Holly Seamans, Krista Cote, Lexi Casale; 2nd: Shelby
 Hetherington, Chapin Clark, Alice Hudson, Caroline Arnett; 3rd: Claudia
 Washburne, Rachael Lurker, Izzy Meyercord; Bottom: Ferdie Kuster, BeBe Engel,
 Anne Elizabeth Sidamon-Eristoff, Mac Crowe



ALLAGASH I – FIRST SESSION

Top: Kayleigh MacFarlane, Casey Ross, Claire Benning, Emma Murphy; 2nd: Liddy Ambler, Audrey Bransfield, Emma Mazzuchi, Agathe Chapuis; Bottom: Abby McGrail, Diamond Stevens, Maddie Cross, Courtney Bliss



ALLAGASH II – FIRST SESSION

Top: Quail Bell, Sally Hereford; 2nd: Banks Dotson, Taylor Lord, Margaux Dujol; Bottom: Olivia McCahan, Anneliese Vought, Sophie Jenson, Lexee Pinsky, Chase Leisenring





JUNIOR WAVUS RESPECT – SECOND SESSION

Top: Kasey Villeneuve, Christy Tricoli, Elena de la Fuente, Addie Sears, Lulu Larkin, Carly Tilson, Meredith Haynes; Bottom: Sydney Donlan, Anneke Pulkkinen, Sarah Smith, Cait McCarthy, Martina Grana, Anna Krush, Lucy Leen



JUNIOR WAVUS RESPONSIBILITY– SECOND SESSION

Top: Lauren Geddes, Pamela Porter, Anne Seaman, Adelaide Lobenthal, Carter McGlooin, Emily Stouch, Lexi Casale; Bottom: Sara Lewis, Bridget Wilson, Meredith Waldron, Meg Ritzau, Margaret Holahan, Phoebe Weil



JUNIOR WAVUS COURAGE – SECOND SESSION

Top: Stephanie Ambrose, Kim Picard, Bethie Fowler; 2nd: Seanie Clark, Olivia DeGulis, Lily Melas-Kyriazi, Zoe Thierfelder, Isa Hogshire; Bottom: Mackenzie ElKadi, Devon Parker, Hannah Constable, Avery MacLear, Matilda Allan, Nina Parker, Anna Sandt



JUNIOR WAVUS KINDNESS – SECOND SESSION

Top: Kasey Jacksonis, Emma Rossi, Claire Donlan, Hannah Moller, Ryan Stanford, Addison Van Namen; Bottom: Lindsay Kaback, Annie Tucker, Emily Vogel, Alicia Lawrence, Ellie Sandt, Page Proctor; (not pictured: Elizabeth Cook, Melissa Harney)



ALGONQUIN – SECOND SESSION

Top: Aileen Hurd, Fallon Redding, Bentley Anderson, Maddie Irvine, Elizabeth McVean, Isabella Pearman, Katie Reed, Juliana Cimral; Bottom: Jessica Reilly, Julia Chai, Lila Saligman, Abby Truex, Kendall Belandino, Abigail Wilson, Kelly Gould



MOHAWK – SECOND SESSION

Top: Margi Emhof, Lindsey Reilly, Clara Gal, Naazneen Gill, Alisa Ghura, Katie Danz, Mads Sneed; Bottom: Darby Loveless, Abby Burrows, Lily Fischer, Gracie Lawlor, Sophie Hill, Story Hentoff, Madeleine Potter



CAYUGA – SECOND SESSION

Top: Quail Bell, Sloane Loveless, Jordana Roet, Eden Walsh, Carter Norfleet, Phoebe Luftig, Genna Spears; Bottom: Zoey Deutsch, Anna Patricelli, Ellie Villano, Riley Hicks, McKinney Tropea, Betsy Dietze, Katherine Polyzoides



CHEROKEE – SECOND SESSION

Top: Carolyn Griffiths, Emma Murphy, Molly Underhill; Middle: Caroline Haywood, Claire Brady, Gigi Imperatore, Anna Hatch, Hayley Willner, Ella Moxcey; Bottom: Louisa Rose, Zara Norman, Julia Lyne, Lily Stavisky, Sara Prout, Ellie Ponte



OMAHA – SECOND SESSION

Top: Kate Adair, Liz Hudson, Lucy Rickerich, Mandy Mathias, Quinn Alban, Ji Visconti, Tiki Haub, Julia Welter; Bottom: Izzy Olsen, Kalea Gale, Emmy Byford, Sylvie Parkus, Caroline Hall, Ellie Alban, Mary Louisa Jones



OJIBWAY – SECOND SESSION

Top: Franke Wurzelbacher, Anna Leonardi, Cameron Woods, Lilly Kuhn, Callie Carnahan, Christine Fogarasi; Middle: Emory O'Donnell, Arianna Pearman, Keniesha Pinder, Amelia Coffey, Bailey Ytterdahl; Front: Lila Brady, Rebecca Lasser, Luli Taddei, Mary Pagano



ABENAKI – SECOND SESSION

Top: Kayleigh MacFarlane, Margaret Tucker, Hanna Brinn, Lily Tromanhauser, Martha Bishop, Julia McArthur, Krista Cote; Bottom: Emily Talpey, Natalie Unger, Madison Gesner, Kate Haering, Edie Frederick, Nicky Fox



SHAWNEE – SECOND SESSION

Top: Christine McCormick, Emily Townley, Grace Robinson, Hayley Bright, Haley McGloon, Eleonore Evans, Alex Danz; Bottom: Georgia Brown, Caroline Peters, Louise de Leyritz, Brooke Kelly, Courtney Close, Natasha Lowitt, Meg Fearey



AT SEA I – SECOND SESSION

Top: Helena Turner, Ellery Hicks, Molly Tucker, Emmy Murtagh, Alexa Fiszer, Bailey Sitz; Bottom: Sarah Wilson, Charlotte Del Col, Sophie Stavisky, Helary Gladstone, Brittany Loveless, Winslow Ferris, Abby Heher



AT SEA II – SECOND SESSION

Top: Amy Davis, Laura Merlo Pich, Linzi Mund, Rhiannon Fletcher, Morgan Palmer, Charlotte Perkins, Katie Paige; Bottom: Benita Durach, Hannah Hicks, Gretchen Alexander, Olivia O'Bryan, Clara Parkus, Caroline Muller



ALLAGASH I – SECOND SESSION

Top: Charlotte Perkins, Holly Seamans; 2nd: Sophia Eppolito, Meg Forelli, Simone Unger, Junie Schellscheidt, Rachael Libby; Bottom: Lindsay Petralia, Rose Chiarello, Lauren Raimbeault, Abigail Summerville, Joanie Kinnaird; (not pictured: Lindsay Applebee)



ALLAGASH II – SECOND SESSION

Top: Carly Shea, Kaelee Helms, Hadley Parker, Emma Landes, Lindsay Stewart, Roni Mislaki; Bottom: Alison Obstler, Morgan Austin, Sophie Hewitt, Bridget Lattimer, Meg Goodwin, Kate McDonnell



ALLAGASH III – SECOND SESSION

Top: Frances Robinson, Kenya Polidor, Rebecca Cibbarelli, Camille Dunwoody, Olivia Darnell, Christine Reighley; Bottom: Eloise Lobenthal, Sinclair Meggitt, Tsipora Hacker, Grace Glover, Marley Santos



LONG VOYAGE – SECOND SESSION

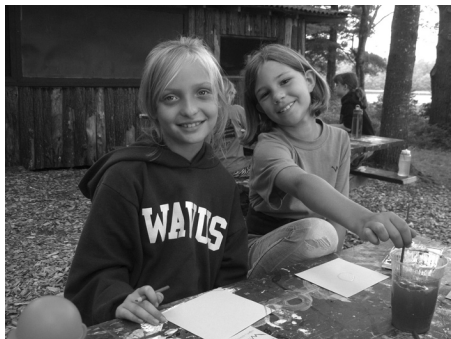
Top: Kailey McKenna, Hannah Schott, Emma Howard, Caroline Wilson, Meghan Miller, Claire Hirschberg; Bottom: Riley Vaske, Alexandra O'Bryan, Hannah Barres, Dayla Pascador, Darby Philbrick



MAINE TRAILS – SECOND SESSION

Top: Lauren Page, Sarah Kaplan, Emmy Ribet, Logan Faulkingham; Bottom: Sam Essig, Val Hirschberg, Elle Reynolds, Emmy Peters





Archery

We've had a great summer this year in archery! The clear skies and warm weather has allowed the archery range to be up and running most of the season. We start the girls off with a talk about safety, commands, and the importance of never dry-firing (letting go of the bow string without an arrow.) The girls are then allowed to fire their quiver, retrieve their arrows, and switch off with the next group. We cycle groups as much as the period allowed to make sure our Wav girls get as much time as they can get out there! Our qualifications are all based on one of the best archers of all time---Robin Hood of course! We have the Maid Marian, Little John, and Robin Hood awards; all based on the amount of arrows landed on the target and how close they are to the middle zone. Landing the arrow in the middle yellow circle gave them a Bullseye award and something to brag about to their friends back home.



Arts

We had a great summer down at the Owl's Nest! As a camp, we completed many projects such as dream catchers hung with beads and feathers, or scrapbooks decorated with ribbons and glitter to keep our camp memories alive in forever. Every girl had a chance to show off her creative side! The biggest change for us this year was instituting a set of Qualifications associated with specific mediums for girls to complete. For completing our starter project, a dream catcher, girls received the Mini Picasso Qualification. From there, they were permitted to move on to jewelry making for their Michelangelo Award, paper arts for the Donatello Award, or fabric arts for the Leonardo Award. One of our more difficult awards geared toward the older girls looking to learn more advanced skills was the Raphael Award for excellence in drawing and painting. Lastly, in keeping with the Wavus philosophy of respect for the environment, we awarded the "Kermit the Frog – It's Not Easy Being Green!" Award for using natural or re-usable materials in their projects.



Canoeing / Kayaking

The activities of Canoeing and Kayaking were very popular this summer, especially when the weather was nice. During the activity period girls would work on their strokes, learn the parts of the boat and other safety procedures. Often, cabins would come in for clinics in order to prepare for their trips. The girls also enjoyed earning qualifications such as weaving through the buoys or naming all the different parts of the boat. Hopefully, all the girls finished their session with a love of canoeing, kayaking, and fun out on the water.



Nature at Wavus

Nature at Wavus made its debut second session, and was met with rave reviews! Cabins showed off their acting skills while learning about the wildlife of Maine, using charades and hilarious skits about good and bad animal encounters. Learning about the natural history of Maine's different ecosystems got everyone excited for their trips into the wilderness. Everyone knows that Wavus has a beautiful campus, but an outdoor scavenger hunt got campers to notice parts of nature at Wavus they had never found before, like evidence of animals, coniferous seeds, and parts of nature that remind them of themselves. On rainy days, a few cabins got to make nature journals to record their thoughts, observations, and memories of their surroundings. By exploring our world and engaging it in new ways, our campers made Nature at Wavus a great success in our goal towards environmental stewardship, kindness, and respect – all while having a great time!



Pottery

The pottery studio was busy this summer at Wavus! Many girls were able to get on the wheel and try throwing a bowl or pot for the first time. We learned how to center the clay on the wheel and found out it really takes some muscle to form our vessels! Breakfast food continued to be one of the most popular items to make and we saw a lot of donuts, eggs and bacon all made from clay! Coffee mugs were popular as well. Everyone tried to make something to take home or give to someone else as a gift. Glazing our projects was just as fun. Splatter painting, stripes and polka dots looked great on all of our pieces. We had a lot of fun sitting around the table working on our projects and talking. We definitely got a little messy too! Thankfully, we usually had G-Swim right after pottery to wash it all off!



Riflery

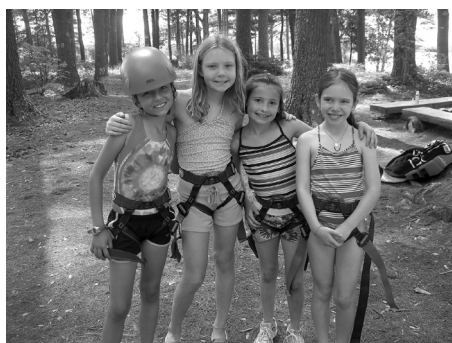
Riflery was quite a hit with the girls this summer. We really focused on teaching safety on the range and sent a large number of campers home with the Elmer Fudd Award for mastering safety skills. When the girls shot, we encouraged consistency rather than perfect bulls-eyes and the results were phenomenal! We awarded several consistency awards including the Zen Master, (3 inch shot groups) Sharpshooter, (2 inch shot groups) and Expert, (1 inch shot groups). A dozen girls were even admitted to our honorable Bulls-Eye Club! Those few girls who had received at least the Zen Master qualification, had shot at least one bulls-eye and passed a short test on parts of the range and rifle were awarded our highest ranking qualification, the G.I. Joe Award. The girls had a successful summer out on our range and we had a blast teaching them!



Ropes

This summer proved to be an incredibly successful one as girls made their way to the end of the point to challenge themselves on the ropes course. Always a popular sign-up, the ropes course was teeming with campers climbing, supporting each other, and pushing themselves to literally reach new heights. Along with the typical climbs on the course, special elements such as the High Speed Swing and the Aquazip were enjoyed by all campers. Daily trips were made to Kieve to take advantage of the rappel tower and the rock climbing wall in Buck. First session, a group of girls took a trip to Camden to rock climb outside. We look forward to developing more climbing programs for next summer. In addition to the increased climbing at Wavus this summer, campers headed to the ropes course with personal goals in mind. Girls climbed more than ever before as they worked to achieve their Monkey Award, which qualifies its recipients to learn how to belay. It was amazing to watch campers of all ages belaying one another as they cheered each other on. There's no question the ropes course was filled with smiles, laughter, encouragement, and accomplishments this summer!





Sailing

It was a good year for sailing at Wavus. We had a fleet of ten fully functioning Optis which were put to use as much as possible. Many of the girls started off in boats with another cabin mate and by the end of the session were in a boat all by themselves. Wavus girls earned awards ranging from a 1st Mate, meaning they could name ten parts to a sail boat, to one girl earning her Charlie St. Cloud award by tacking ten times in a row upwind. While the girls had fun sailing in the light breezes on Damariscotta lake, one of the days everyone enjoyed most was when they were allowed to practice capsizing and flipping the boats back over. We look forward to seeing all the girls back out on the water next year.



Waterfront

Wavus is surrounded by the beautiful waters of Damariscotta Lake and one of the best ways to fully enjoy it is to go swimming! At Wavus this summer, all campers swam at least twice a day or more. We were blessed with two general swim periods every day, one before lunch and one before dinner. Everyone in camp is involved at the waterfront at this time, which gives a great opportunity to socialize with friends from any cabin while sharing a love for swimming. On colder days, a fire was usually started to warm up the swimmers. These fires were built in a new fire pit made this year with help from Grace Lyons (Narragansett Session 1). Many campers brought their books to read around the fire and sang songs. Camp fires should always be present at a summer camp! At the end of g-swim, campers practiced their acting skills on each dock and competed with each other by performing skits that usually went along with the theme of the day.

At the waterfront, campers achieved many qualifications and worked on their all time favorite swimming program called Swim USA. Each state in the USA has a number to represent it and this number requires you to swim that amount of laps. Campers who choose to participate earn a t-shirt by completing at least one state. This shirt has a picture of the USA and campers color in states as they earn them. I loved seeing campers wear their Swim USA shirts with many states colored in! The number of laps to complete the entire USA is a total of 1,225 laps. If you didn't finish it this year, you can continue working on it every year at Wavus.



In the morning, cabins had an opportunity to go swimming during an activity period called Wavus Waves. During this time some campers would work on swimming strokes and kicks as a class in the beginning of the period. We would normally use the second half of the time to play fun water games like swim races, playing with pool toys, jumping off the dock acting out categories, playing in the shallow end doing hand stand contests or swim routines and sometimes just splashing around with each other.

Some campers could not get enough swimming in during the day. Many of us went on morning island swims at 6:45 AM. Although it could be hard to get out of bed to jump in somewhat chilly water, it's worth it for the view of the mist on the calm morning water. During the afternoons, campers would sign up to go on island swims for exercise or go to "pool parties" to cool off. Thank you to all the wonderful swimmers and lifeguards for making the Wavus Waterfront this summer a success!



Woodshop

This summer in woodshop we started the campers off making name tags or signs and picture frames. For both these projects, girls had to size their wood appropriately, often using a coping saw to cut the perfect shape. Additionally, girls had to learn how to sand their wood, starting with 50 grain and moving all the way up to 330 grain. Once the wood was sanded, bark, leaves, twigs, and stones could be glued to the wood to make a picture frame. When making a sign, the girls used the wood burner, a complex tool which allows designs and words to be seared on the wood. The girls loved writing their names, their cabins' names, their siblings' names, or simply "Wavus 2011" on the wood.

When they advanced to the next stage, girls were encouraged to make leather bracelets or whittle spoons. The leather bracelets were popular and easy to make. Many girls chose to wood-burn words onto their bracelets, leaving them with a personal touch. Spoons proved to be more difficult, given the risk associated with whittling. All girls were required to wear gloves and thumb guards and carefully monitored to ensure they "whittled away from themselves." Several girls succeeded in finishing their spoons and planned to use them on trips or at home. As a whole, woodshop focused on introducing girls to new tools, teaching them safety regulations, and encourage their creativity to flourish using the resources available to them. After both sessions, the girls came home proud, many with two or three different projects!



Yoga

This was certainly a year of new beginnings at Wavus, and the introduction of Yoga to the curriculum was one of these very exciting changes. For the first time ever, the girls at Wavus were able to spend an hour of their day focusing on the mind, body, and spirit through the practice of Yoga. The classes began in the new-found Yoga studio with a general introduction to the practice of Yoga. They learned about the poses and the reasoning behind them as well. The girls were shown how to do many different poses, whether it was Surya Namascar (sun salutation), tree pose, crow pose, breathing exercises, etc . Yoga was held both outside by the side of the lake as well as inside the studio where incense were lit and calming music was played. Many of the girls enjoyed the end of the practice, Shavanasa (corpse pose), where they learned to focus on the breath and inner tranquility. The addition of Yoga to daily life at Wavus was a great success and the girls certainly took a lot away from their practice.



A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin straightening
9:30 - 10:30 a.m.	First Activity Period
10:35 - 11:35 a.m.	Second Activity Period
11:40 - 12:15 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:30 p.m.	First Activity
3:33 - 4:35 p.m.	Second Activity
4:40 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening Activity
8:30 p.m.	Flag/songs
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With...

ARCHERY	ENVIRONMENTAL	POTTERY
ARTS AND CRAFTS	DISCOVERY	TENNIS
BOATING	FISHING – spin cast and fly	ROPES
Sailing, canoeing, kayaking	FIELD SPORTS	RIFLERY
BAKING/COOKING	Soccer, kickball, badminton, volleyball, basketball	SWIMMING
		WOODWORKING

And In The Evening With...

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!

First Session

Counselor On Duty Reports

June 23

Directors

Today started off with cargos and face paint to kick off Camouflage Day here at Wavus Camp. Eerie happenings began occurring around camp throughout the morning, such as water balloons being thrown from the roof of Jewell before breakfast and a phantom canoe displaying a giant sign that spelled out CHEWONKI during General Swim. At lunch, a pair of masked kidnappers swooped in and grabbed Nancy Kennedy, our Director and fearless leader! They took her away in a white van, off to nobody knew where. She reemerged tied in rope during the afternoon's General Swim on a motor boat driven by two suspicious characters in black. Willing to do anything to get Nancy back, our campers rallied for the Evening Activity of "Escape to Freedom." Campers ran all over campus searching for the 3 "freedoms" that would lead them to Nancy's release from her kidnappers. Along their quest to find the 3 freedoms, campers had to avoid being tagged by camouflaged counselors lurking in the foliage. Despite these surprise attacks, the campers emerged successful and freed Nancy from her mysterious captors. Nancy will be the first to tell you she is relieved to be back safe and sound at Wavus.

June 24

Mads Sneedeen

Today was a day that will go down in Wavus History. As a follow up to the previous day's "Kieve kidnapping" of

Director Nancy Kennedy, the spirited women of Wavus decided to take revenge. We started the day off strong- every camper and counselor dressed head to toe in Wavus gear. The girls braved the cold and windy weather and carried on with their activities as usual. At lunchtime an elite group of Wavus counselors dressed in their finest disguises boated over to Kieve and kidnapped HBC Will Hackett to avenge Nancy. Back at Wavus, the team of counselors paraded Hackett into lunch and were met with roars of approval and Wavus chants. For the rest of the day Hackett was involved in activities such as Fairy house building and yoga. There was a ransom video created where Hackett was forced to eat vegetables, have his hair and makeup done, and act as a jungle gym for the Algonquin girls. The video also demanded that if Kieve wanted their beloved Will Hackett back, they would have to be at Wavus no later than 7:15 p.m. for a game of Capture the Flag. At dinner, the ransom video was played at both Kieve and Wavus and was met with raucous cheers and chants. The boys arrived at Wavus at 7:10 and the game began. After a half hour of intense plotting to capture the Wavus flag, the boys won the game, regained possession of Hackett, and everyone gathered in Jewell for ice cream sundaes. After ice cream, both camps gathered around the flagpole and sang our respective camp songs. The Kieve boys headed back to Kieve, but not before some mischievous Wavus counselors hid their vans behind the barn at the Wavus entrance!

June 25

Quail Bell

Today the theme of the day was Flower Power. I asked all the kids and counselors to dress in flowers, crazy colors and patterns and be hippies! I opened the flag ceremony with a quote that is on one of my favorite hikes back home, "May your search through nature lead you to yourself." I found this to be inspirational because most of the campers are leaving on trips in the next few days. Even though it was raining sideways all day, I think the campers and counselors had fun dressing up and being wild. My evening activity was Wavstock. We played music all through morning, lunch and dinner. During Wavstock it was a free-for-all on what the kids wanted to do. They could choose between tie-dye, hair wraps, friendship bracelets, necklaces, face painting and headbands. Overall it was a laid back night which I think everybody needed.

June 26

Kayleigh McFarlane

The theme today was Alice in Wonderland in hopes of making seemingly impossible ideas real. This takes hope and encouragement as was demonstrated in our chapel service. Friends and family are also needed and some campers got to visit their brothers today over at Kieve. It also takes courage as is shown in all of the faces of campers about to depart on trips such as the Maine Trails girls. The evening program to cap off the night included a white rabbit scavenger hunt, a costume relay race, and a tea party.

June 27

Krista and Kim

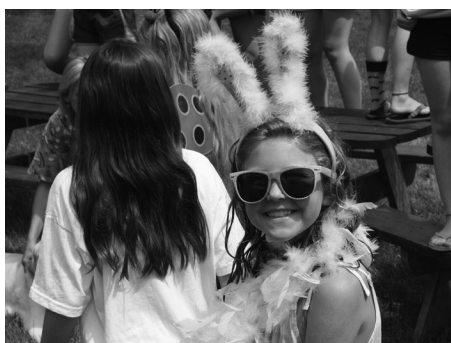
The morning started off with amazing

weather, extremely sunny after a few dreary days of rain. The Jewell was decorated with palm trees, beach balls and seashells, and the sound of Caribbean music filled the room. Eggs, sausage and English muffins paired with the usual yogurt and fruit were served by the amazing cooking crew. Kim and I ran around checking on each activity with our squirt guns, soaking most of the counselors, and lots of campers. Lunch consisted of barbeque ribs, rice and fruit kabobs, and the kitchen staff kindly decorated the sunscape with flowers and kites. Everyone was dressed in their beach attire. At first period general swim, a few of the counselors, Kim and I hopped onto our animal floats and waded around the lake trying to stay afloat among the kids tugging at us. We then had a race at the end of the swim session between Nancy, Kim, Krista and Julie, Krista won! Julie came in second. HA. We then sent the campers off to their choice activity, which included lei making, sand art, hula dancing, hair wrapping, seashell painting, pottery surfboards, mural painting, etc. Then for supper we had a mock Thanksgiving meal. The Evening activity was a giant slip'n'slide and beach ball volley ball on the side. We had freeze pops for the kids, but they weren't completely frozen. Mostly all of the girls participated in the slip'n'slide, and had a great time. We believe our O.D day was very successful and we will remember it forever!

June 28

Molly Underhill and Claire Hirschberg

Today at Wavus the theme was Iron Chef. At morning flag, we urged the girls to spend the day appreciating



camp for all of the simple and beautiful things that it stood for; one of the things that makes Wavus so special is that it helps remove us from the busy world that we are too often wrapped up in. Often the most special things are also the most simple, so we encouraged the girls to broaden their horizons and make new friends. For our Evening Activity we held the Iron Chef Cooking Competition. We divided the girls into ten groups, mixing ages, with mixed to allow the girls to meet new people. Each team was given a packet of brownie mix, and then drew several more ingredients from a hat. With a counselor stationed at each cook stove, the girls really took their creativity to a new level, focusing not just on flavor but also on the presentation of their dishes. After an hour passed, each team walked up to the panel of judges, and presented their dish to the audience and then to the judges. We had to eat a bite of every dish they created, and in the end deliberated over the different successes of each group. Everyone seemed to have a great time and the delicacies were tasty. By splitting up cabins we saw girls making new friends (as we hoped they would) and it created a great sense of Wavus unity that we think was summed up by Cayuga's awesome songs saying "don't stop having fun at Camp Wavus."

June 29

Kailey Mckenna

Today the theme at Wavus was World Cup Soccer! Each cabin was given a country to represent throughout the day, including countries such as Spain, USA, France and South Africa. During morning activities the girls made beautiful flags for each of their countries as well as an amazing World

Cup trophy. The afternoon was filled with a friendly round robin of mini soccer games out on the sports field with the enter camp. We concluded our day with the Wavus World Cup 2011, the campers were full of energy and enthusiasm as they participated in a round of silly kicks to determine the winner. In the end all of the cabins received medals and the Wavus World Cup trophy was awarded to the entire camp for their outstanding teamwork throughout the day! As the day came to an end the campers celebrated with their new medals and an ice cream treat!

June 30

Lauren Page

Today was the day that the JW's arrived. The theme for today was kindness and respect to not only the people but also to the campus by helping clean up. There was name tag and friendship bracelet making in the Jewell for the JW's. There were only three cabins on campus today so we decided to have regular morning activities such as woodshop, cooking and the aqua zip followed by general swim. However the afternoon was a little different today because instead of having two afternoon activities followed by general swim, we went to Pemaquid Beach and had general swim there and a picnic for dinner. At the beach we collected seashells and sea glass, dug holes and buried people, had relay races including the crab walk, the bear walk, and the partner wheelbarrow. After getting covered with sand we jumped into the ocean to clean off and then had dinner at the picnic tables. It was nice to see all three cabins (Algonquins, Ojibway, and Narragansett) getting along and

mingling with each other. After leaving the beach we went to round top ice cream for dessert. After arriving back at campus the girls had so much energy that we had a loud dance party in the Jewell in hope to help release some of the energy.

July 1

Elise Lindsey

In effort to get the new JW's out of their shell we encouraged them to tune into their wild animal side, making today's theme Safari. The day was filled with all sorts of animal prints, face painting, animal sounds, trying new things, and making new friends. The full session campers were very welcoming to the JW's, by the end of the day it felt as if we had known each other much longer than 1 day. The Evening Activity was a Safari Photo Scavenger Hunt, where the campers had to "capture" hidden counselors dressed as wild animals. The reward for successfully capturing all the animals was an epic dance party in the dining hall. We were all worn out by the time we made it back to the cabin and excited to let the wild animals rest.

July 2

Pam Porter

Today's the theme was: Wav's Got Talent. The excitement for today started two days ago when we let the word out that there would be a talent show. There was a great deal of excitement these last few days as the girls began planning and practicing their acts. We informed them early hoping that at least 10 girls would be excited to share their talents. When the sign up list came available at breakfast it quickly filled to 15 performance and then by lunch to 20. There was an exhilarating buzz on

campus throughout the day as the girls practice their talents and gathered the necessary equipment. Even cleaning duties were done extra thoroughly. The Andrews Hall, where the stage is, has never looked so organized and well cleaned. We went about our regular activities and in the afternoon there was the additional opportunity to go to the owl's nest to do preparations for the talent show. There were beautiful posters created. When evening rolled in the girls refrained from lingering longer at dinner so that we could fit everyone into Wav's Got Talent. The show began about 7 p.m. with an MC dressed as Ryan C Crest and two judges with one of them resembling Simon Cowell. Each girl's performance was engaging as it was obvious they had spent so much time to prepare. It was particularly surprising how well they had the words memorized. Songs were very popular and ranged from all different genres. There were also a few talents that just made us all giggle including: a comic group, eating blueberries, a counselor eating a full cream pie, a few silly magic tricks, and a song gargled. We all cheered and moved on to flag to close the day and remember and reflect that talents go beyond what we see and that they can be shared all day everyday.

July 3

Bethie Fowler

Halloween in July took place on Sunday the 3rd of July. Sundays have not had a well-established schedule so far at Wavus, and we thought it would be great to have an all-together camp activity in the afternoon - especially because we had so few cabins on-campus. The weather was gray and cool, with some light rain, so it was



perfect for indoor activities. In the Breakfast went on from 8:30-9:30am with Patty Fast and Bethie Fowler cooking doughnuts in the Jewell for all the cabins. Then came chapel and cabin inspections for the rest of the morning. Algonquin won the cleanest cabin award. After lunch and rest hour, all the campers gathered in the Jewell to create halloween decorations and do face painting. There was face-painting, fake blood, drawing, netting ghosts, food guts (spaghetti for intestines, cauliflower for brains, peeled grapes for eyes, and plastic gloves filled with water for severed hands!), and a few campers wrote spooky stories as well. Later in the afternoon, each the campers went back to their cabins to transform them into haunted houses for the other campers to visit and trick-or-treat in. The cabins looked very creepy, and some had elaborate acts to accompany the haunted houses too. Decorating the cabins caused the girls to bond and share the excitement of creating a fun and scary experience for the other campers. Dinner was cooked by the counselors to give the kitchen staff the nights off and consisted of bat wings (chicken wings), shrunken heads (gluten-free smiley potatoes), and guts (salad). After dinner, each cabin was given one sundae topping to hand out to the trick-or-treaters who visited their cabins. In this way, each camper collected sprinkles, cherries, and marshmallows instead of halloween candy. The girls dressed in costume and visited the haunted houses, then gathered at the Jewell for a Sundae-party with halloween traditions like apple bobbing and doughnuts on strings :) There was no flag to take down, so cabins headed to bed after the conclusion of the evening activity.

July 4

Lexi Casale and Katie Paige

Wavus' theme for the day was right in line with the holiday; 4th of July! At Flag this morning we told the girls that we hoped they would keep in mind the idea of being the change they wanted to see around them, we encouraged them to lead by example and effect positive change, just as our forefathers have before us. In the morning, we had a campus wide parade where all the girls decorated their porches with identical bags of goodies. After our first general swim the entire camp paraded through cabin row and checked out all the different "floats" in the parade. Narragansett won best float and Algonquin and Respect earned Honorable Mentions. After lunch we switched up the schedule and had one huge afternoon activity for the entire camp that took up both periods. We had 3 legged races, water bucket races, dizzy bat competitions, a potato sack race, egg on a spoon relay and a water balloon toss. We then had a cabin relay race through all the activities which the girls really loved. We had a big cookout for dinner and had capture the flag as our evening activity. After the EA, everyone enjoyed red (strawberries), white (custard) and blue (blueberries) desserts and played with sparklers. Overall the day was a total success and we saw many examples of the girls following our challenge for the day, being positive and helping one another out. Wavus had a truly exceptional 4th of July!

July 5

Lindsay Dinsmore

Ahoy! Today pirates invaded Jewell Lodge for "Pirate Day!" For morning activities in camp, kids took part in

cooking, archery, pottery, and some took a cruise around the lake in the giant "war canoe." For afternoon activities, a few kids had the honor of taking a motor boat ride over to the other side of the lake to climb the rock wall at Kieve. Other activities included woodworking, riflery, and ropes. The treasure hunt was also a big hit; participants were rewarded for their long treacherous hunt around with Wavus bracelets! It was a beautiful day for swimming today on the waterfront, all the kids thoroughly enjoyed cooling off at general swim and for the island swim. For the evening activity, each cabin constructed small sail boats from materials of all sorts, including milk cartons, popsicle sticks, cloth, and more. Once they finished their boats, the cabins competed in a "Pirate Ship Regatta," racing their boats. All boats managed to make it to the finish, but only one did not capsize. The win went to Narragansett as the only boat to stay afloat!

July 6

Alexa and Christine R.

In an effort to make the girls' more aware of the impact they have on the environment, Wavus decided to take a step back and realize the responsibility we have to keep Earth green! Our theme 'Wav Goes Green' was a great success, a day in which we reinforced the principles of 'Leave No Trace' and appreciated the beauty of the campus. The morning began with reminders to pick up any trash in their vicinity, to be conscious of the energy use and water consumption, and to utilize our resources and creativity through nature. During gathering circle, the girls prepared entertaining skits and song parodies about being eco-friendly,

which they later performed for each other. Afterwards, the wonderful weather allowed us to have a 'down to earth' day, where there was nature art by the water, trail maintenance in the woods, flower power gardening, and fairy house building. These activities will continue to occur, and by bringing more flowers to campus, each cabin now has a reminder to take care of nature with a flower pot on each cabin's doorstep. With these activities, the girls were able to see the pleasure that nature provides, and the importance of being respectful of our larger home, the earth, that we share. All day the girls picked up any trash that they saw around camp, and learned that every little action and piece of paper could add up and really make a difference. Learning good habits therefore taught the girls to continue being responsible for their actions in the future! Our evening activity, the Nature Creations Show, showed how using minimal resources – 1 trash bag, 2 pieces of duct tape, and anything they could find in nature – could be fun and really easy to do. Each girl can make a difference, and this amazing day ended with a celebration dance party that celebrated our Earth Day in July!

July 7

Bethany Preuss

Campers dressed in their best 80s attire as Wavus went back in time to the decade of questionable fashion trends and big hair. Their challenge for the day was to reflect on what they have accomplished in camp so far and to build on it by continuing to try new things as well as build new friendships. The focus was to build up their camp experience even more than they already have in order to form last



memories and friendships that they can look back on in years to come. After being told of the challenge for the day, they were read a quote that seemed to sum up the message well. "Twenty years from now you will be more disappointed by the things you didn't do than by the things you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." The evening activity was an air guitar performance from each cabin. The girls were instructed at lunchtime to choose one song from the 80s that they could all agree on. This was their only instruction regarding the evening activity. After dinner, they were finally told the purpose of choosing the song. Each cabin performed impressive air guitar shows with only a half hour of practice time. The evening activity was followed up by a cabin wide dance party, which is a Wavus favorite.

July 8

Aileen Hurd

Happy Sdrawkcab Yad ta SuvaW! That's right - Backwards Day at Wavus! This morning, the girls dressed in their backwards best for flag, where we discussed how change and unpredictability can create the potential for growth. Knowing this, we challenged ourselves to "mix-it-up" and approach things in new ways while at camp. Morning activities included the War Canoe, Riflery, Woodshop, Wavus Waves, Ropes, Sailing and Pottery. After lunch, (where cookies were served before sandwiches) the sun came out a little, and we occupied ourselves with building fairy houses, doing the Flying Squirrel at the Ropes Course, painting landscapes, swimming, hiking Kieve's nature trail

and going on a Mystery Van ride. Following G-Swim and Dinner, we had backwards ice cream sundaes (cherries, chocolate sauce and sprinkles on the bottom) and viewed a slide show of this session's Junior Wavus memories. We closed our day with Counsel Fire, where we prepared to say good-bye to the JW campers. Thanks to one and all for a successful Sdrawkcab Yad!

July 9

Elizabeth Cook

As a camp, we have been spending a lot of time getting to know each other and learning to appreciate all the things that make us different. When we are in situations like these, and constantly under pressure to improve our understanding of others, we sometimes forget about ourselves. Today was Cinema Day and the focus was to encourage each girl to see the glamour in themselves; self-love and confidence are a few secret weapons of a happy life. Today was also a bit different because we woke up early to attend the Shortcake Shuffle, a 5K fundraiser for a local organization, Healthy Kids. Almost all of the full session girls participated in one of the races, and Wavus' support and presence was definitely felt. In addition to a different schedule, today was also the day we said goodbye to our Junior Wavus campers. They have been a fantastic group of girls and we cannot wait to see them again next year, hopefully in a full session. After lunch things started getting back to normal, just in time for evening activity to mess everything up again! In line with our cinema theme, the girls were each given a cardboard box which they cut up and decorated as cars to be driven to that night's drive in movie. A first in

Wavus history, the screening of Parent Trap was a complete smash! The girls “drove” their cars through roads and rotaries, and ate popcorn. It was the perfect relaxing evening following a day of exercise, giving back to the community, and some deeper self-reflection.

July 10

Kate Adair

Today’s theme was Survivor: Wavus Island. We talked about the importance of teamwork at flag and explained that each cabin would have to cooperate to succeed in the challenges. We slept in this morning and were greeted in the Jewell with homemade donuts courtesy of Nancy and Sara Taylor. After breakfast, we went to our cabins to clean. Narragansett won cleanest cabin of the day! Some of us went to Kieve to have lunch with brothers and cousins. AT Sea I and AT Sea II returned to Wavus during lunch, and Allagash I made quite a re-entry to Wavus before dinner. It’s great to have them back! Elise, Bethie, Stephanie and a team of counselors and staff members cooked dinner tonight and everyone thought it was delicious. The evening activity involved four rounds of cabin challenges and counselor challenges. Cabins each got a large Soduku puzzle and raced to fill them out correctly. Omaha was the first to finish their puzzle. The cabins also had a crab walk relay race and had to separate 100 M&M’s by color. The counselors competed against each other as well; trying to keep two balloons in the air for as long as possible, racing to unravel a roll of toilet paper and even a cereal eating contest. The winner was determined by a game of musical chairs and Mads from AT Sea I came out

victorious! We all gathered at flag to close the day and headed off to bed.

July 11

Margi Emhof

Wavus’ theme was America’s Next Top Role Model, loosely based off of the popular television show, America’s Next Top Model. The main difference between the TV show and Wavus’ theme for the day was that instead of outer beauty the focus was on the importance of inner beauty. The girls learned about what it meant to be a role model and who role models are for them in the community, but notably, who role models are for them at Wavus. We discussed that being a role model means that a person demonstrates admirable characteristics and we concentrated on Wavus’ core principles, responsibility, courage, respect, and kindness. Throughout the day I witnessed many girls representing these four words through their actions. The girls realized that they themselves can be role models for others once they leave Wavus and utilize what they have learned and experienced here to better their community at home and the world. The evening activity was based off of the Cover Girl Cosmetics commercials that the models partake in on the actual television show. However, each girl was a spokeswoman for Wavus rather than Cover Girl Cosmetics. Each cabin worked on a Wavus Girl commercial as a group and presented them to the entire camp. They were extremely entertaining and it was rewarding to see how each camper interpreted what it meant to be a Wavus Girl.

July 12

Carly Shea

Today was an absolute beautiful

day here at Wav Island. For the past week for so the weather here has been amazing and we hope that it continues. Today's theme was twin day. Everyone showed up to flag with their twin or triplet looking too cute. The day flew by with fun in the sun and fun activities. After dinner it was a few campers' birthdays so the whole camp received cake made by the famous Mary and it was delicious. After desert the kids went back to their cabins to get ready for a camp wide game of sardines! Every girl in camp was divided up into 10 teams and was told to find any of the 10 counselors, and then once they found one, they would be given further instructions. They thought they were working with the team they were assigned but come to find out that once they found a counselor, they had to split up and find their own HBC!! It was awesome because it tricked them so bad. Some of the counselors were hiding in the crazy spots. Kate the HBC of Shawnee hid in the wood beams above the entrance of the tripping shed. Another counselor hid in the sports box at the tennis court. We ended the night with a dance party in the Jewel. Over the day was a success and the girls had a lot of fun. The flag was lowered, teeth were pushed, and pajamas were put on, and sent off to day. Love the days at wav!!!

July 13

Alex Danz

What is the easiest way to get to Hogwarts Camp for Girls? Platform 9 and three quarters of course! Today, the wonderful School of Witchcraft and Wizardry came to Wavus. This morning's challenge was to look for adventure and the girls did just that. At breakfast, campers picked their

house, which consisted of Gryffindor, Ravenclaw, Hufflepuff or Slytherin, out of the sorting hat and gained points throughout the day by completing activities, which were collected at the end of the day and added to hour glasses. Slytherin was in the lead for a majority of the day, until G-swim, where Gryffindor soon rose to the top. Afternoon activities consisted of Herbology with Professor Sprout, Potions with Professor Snape, wand making with Mr. Olivander, the Knight Bus, and decorating the Great Hall. For dinner, the House Elves were ready to serve their campers pizza as well as butter beer for dessert. Then campers, counselors, and House Elves were off to the Quidditch World Cup. The first round consisted of Hufflepuff and Slytherin and the second had Ravenclaw and Gryffindor, which led to Hufflepuff and Ravenclaw in the finals. Keepers had brooms and the rest of the players had to score points by throwing the quaffle and bludgers into the hoops all while searching for the golden snitch. Hufflepuff and Ravenclaw advanced to the finals and Hufflepuff won the cup with 65 points. Over all, the day was filled with adventure and challenges that were accomplished by each and every camper, whether it was finding a new friend, completing a new ropes adventure, or finishing an invigorating swim. A job well done was given to the entire campus on this special day.

July 14 - Jewellianos and Fireworks

Although our first session was winding down, we certainly packed a lot of activities into our last day of normal camp scheduling. The girls raced around camp for our "free-for-all" activity periods, trying to finish



up projects and earn last-minute qualifications. It was a fun and relaxing day with most everyone back from trips and we eagerly awaited the return of Maine Trails around dinnertime. After G-Swim, we all got ready for one of our favorite Wavus traditions, Jewellianos. The counselors spent all day decorating Jewell for our Italian dinner and after taking lots of pictures, a white limousine rounded the corner! The whole camp gathered round and the Maine Trails girls, painted head to toe with green paint, jumped out cheering! Everyone was ecstatic to have the girls home safe and we celebrated all through dinner. After another top-notch Wavus dance party in Jewell, we split up for a new tradition. We set up three campfires around campus and gave the girls opportunity to talk about their trips and tell the younger girls what they had to look forward to. It was a great way for our older campers to pass on their experience and knowledge. After the last fire was put out, we piled into the busses and made the trip to Kieve for fireworks! As usual, the fireworks were even more impressive than the year before and it was a great time to see our brothers on the other side of the lake. We ended the night around the flagpole, where the Maine Trails campers from both Wavus and Kieve lowered the flag and led us in the Kieve and Wavus songs. Keeping up with old traditions and adding new ones, this turned out to be one of our favorite days of the session.

July 15 – Carnival

The last day of camp! After another world-renowned Wavus breakfast, we headed back to our cabins for the annual last-day-of-camp-all-morning-cleanup-extravaganza. We worked

hard through the morning and had a lot of fun! We headed to lunch for what we thought would be followed by our standard activity blocks, but Nancy had a surprise announcement! This afternoon we would be having the First Annual Wavus Carnival! Lunch was carnival-themed with popcorn chicken and French fries. The rest of the afternoon was jam-packed with activities all over campus. A rock wall towered over the soccer field, pie-eating contests and a fried-dough station occupied the sunscape and a dunk-tank was set up right in the middle of campus! Popular dunkees included Nancy, Sara Taylor and Scotty. Halfway through the carnival, Wav 6 rolled into camp with 150 balloons inside! We had a blast hanging out all afternoon and ended the festivities with the slip-and-slide. After our last Wavus dinner of the session, we bundled up in our Wav hoodies and proceeded down to Council Fire. Council Fire this year was extra special. Our Maine Trails campers, having only returned to civilization yesterday, led the fire as each cabin's counselors were given the opportunity to talk about their cabin and award them a ray of the totem. The Maine Trails girls each spoke about their trip, about their experience overall, and what being a "Wav Girl" meant to them. After lighting each one of our candles, we headed up across camp to the flagpole at the top of the doldrums. In one circle 'round the flagpole, silent under another perfectly starry Maine night, Nancy closed the session with praise and advice before saying goodnight to each cabin starting with the youngest campers. Eventually our bright circle of 150 candles was darkened and we headed off for one last night in our bunks.



Second Session

Counselor On Duty Reports

July 21

Krista Cote

Spy day started off with a talk about perseverance, I spoke to the girls about not giving up, and to keep encouraging believing in themselves. I introduced myself as Agent W, and asked the campers to disguise themselves with code names. We sent Maine Trails off with a cheerful goodbye, and then returned for our normal activities. Lunch was wonderfully made, and featured a taco bar. I had one Agent in Training come up to me and said "You are the best counselor ever because you had tacos for lunch!" So props to Mary and her crew for the amazing food. Supper was chicken and zucchini which was also wonderful. The weather was extremely warm, which made G-Swim a popular activity. The evening activity was 'Spy Training Workshop' where the girls had to go through four stations of agility including a laser room, a code cracking station, a speed and dodging station (dodging counselors with water guns and balloons) and an agility station where they did exercises with hula hoops. I told the girls that Chewonki had been sighted and they needed to find all the clues to see where Chewonki had been. They finished all the tasks and found out that Chewonki had trashed the waterfront! We all gathered back at flag and I pronounced all the girls as Secret Spy Agents, and talked about teamwork. Overall, I thought today went really well and I loved the girls' enthusiasm. At Sea 1 had incredible devotion and dressed up for supper, they looked awesome!

July 22

Bailey Sitz

The theme at Wavus today was 'around the world'. We talked about the great places around the world. Places our campers have lived, visited, or wanted to go. The message for the day, however, was to enjoy the view before them. Whether on trip on the Allagash, St. Croix, Bigelows, Mt. Katahdin or even here at camp to take in the scenery and beauty around them because every place is so unique. Especially here on Wavus Point Road here's no place in the world quite like Wav Island anywhere else in the world. We had record heat today at Wav making G-Swim a big hit! Of course water activities on a day like today is a must! We had a group of girls head to the beach, some girls went bridge jumping or left to enjoy rope swing out in Damariscotta lake. Here at camp girls were down at waterfront making boats or enjoying the cool breeze up at the point in the Owls Nest while making Guatemalan worry dolls and origami animals. We said a big good-bye to Long Voyage who left after breakfast and Cayuga who went on their primer. For the Evening Activity the girls were asked to make their own country. Each cabin picked a paper containing the 'inhabitants' of their country out of a cup. The inhabitants varied from Wavus Counselors to Justin Bieber Fans to Yetis or Grandparents. They then had to name a country, create a map, a flag, and a skit based on the natives who lived there. We had some amazingly creative results! It was extremely entertaining to watch the

girls interpret what it meant to live in Hoboken (that is, the country where all Hobos live) and all the other hilarious palces! It was a great way to stay out the sun and enjoy ourselves on this hot and humid day.

July 23

Holly Seamans

With a predicted high of 92 degree, it was another beautiful day on Lake Damarriscotta. The theme for the day was Namast-day. Namaste is a deep sign of respect and appreciation. Here at Wavus we are all about kindness and respect. Today I asked the girls to be mindful of the way they treat others and if they remember they should let someone know that they respect them by saying Namaste. In the morning the girls enjoyed their regular scheduled activities. In the afternoon we decided to forgo afternoon activity sign ups because of the heat. Instead we had a pool party down at the waterfront with inflatable toys. The girls really enjoyed their time in the water on a very hot day. For dinner we had chicken, salad and cinnamon sugar topped cornbread. The bread was a huge hit with everyone. We all went up for thirds, maybe fourths. For EA, we made prayer flags that represented the girls Wavus Spirit, or their aspirations and fears. I read everyone and was impressed with the girl's creativity and honesty. The flags are hung on ropes that form a sort of prism at the end of the archery field by the whale watch. They look beautiful flapping in the wind. We also made paper flowers out of tissue paper. They were also beautiful. When we were done with the crafts we had a color festival Wav style. We filled small water guns with water downed paint and water balloons with

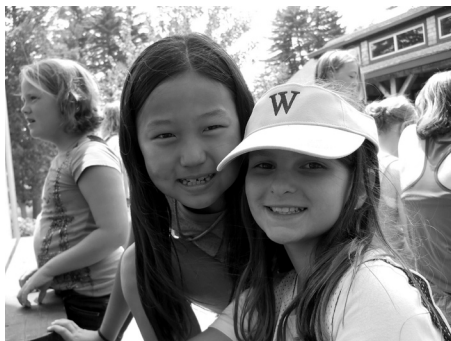
tied dye. We had the girls wear white shirts and squirt each other with color. The girls had a lot of fun! The day ended with the Wavus song around the flag pole. We reminded the girls about respecting each other because at the core of our being we are all the same. Namaste.

July 24

Griff Griffiths

This morning we got to sleep in until eight, and awoke to a cooler morning than the last few days. At flag we talked about stepping out of our comfort zones in order to discover how much we are truly capable of. One example of stepping out of a comfort zone was dancing and that is what the theme of our day surrounded. We had a Hoe Down Throw Down, where people dressed country and we were ready to dance. Our Sunday morning was more relaxed than the other week days with home-made donuts fried up by the directors then cabin cleaning and finally chapel. At chapel Patty spoke about the importance of nature, an At Sea cabin sang "lean on me", and other cabins and community members sang and reflected. At Sea II won the cabin inspections, with a meticulously clean cabin and simple details like triangle folded towels.

The afternoon involved everyone on camp busing down to the stonewall farm for an open house. The girls loved getting to play with the Berniese mountain dog puppies, petting the alpacas, and seeing all the other animals on this local working farm. While it took a lot of logistics to get everyone down there with only three vans, the girls loved every minute of it. As a special treat, the directors, JW counselors and Joe cooked us a dinner of bbq ribs



tonight. The evening activity was Don't Forget the Lyrics. The girls were split into teams and had to fill in the missing lyrics to popular songs. Every song played resulted in girls jumping to their feet to dance, (teams were awarded extra points for dancing). Everyone had so much fun that in the end no one even asked which team one. At the end of the day we were reminded "A safe harbor never made a good sailor," and the girls were encouraged to push stepping out of their comfort zone further than just dancing to other areas of camp and other areas of their lives.

July 25

Stephanie Ambroise & Kelly Gould

Today's theme was "colors day", and working together in a team of girls, whether or not you knew who they were before. At flag, I spoke about how important it is to work as a team, not only the team of people that forms in your cabin, but also the team of all the girls at camp. I spoke about how "cooperation means no one wins unless everyone wins" and how that was why everyone always won at Wavus. We had seven colors, and by the end of breakfast, the entire camp was divided into their colors. The rest of the day went as a regular day, where the girls went to their morning activities, and then g swim, and then their afternoon activities. Kelly had returned from her trip with her cabin by the afternoon activities, and she signed up all of the kids for the activities that were being offered by counselors for that day. By the time that Evening Activities came around, the girls were excited to work in their teams and compete against each other. We ended up having four different games: kickball, tug of war, the shoe game (where the girls throw

their shoes into a pile in the middle of a circle and then the first person who runs back and puts their shoe on correctly wins), and the sponge and bucket game (where the girls transfer water from one bucket, down a line of girls, to another bucket and the first person empties their filled bucket wins). What ended up happening was that they ended up being an uneven amount of girls on the teams, and instead of getting upset and annoyed, girls from one team color, who had more girls on the kickball team, or their bucket line, just jumped and joined a team of another color and worked together to help finish the game. Instead of worrying about winning, they worked together to help each other finish and accomplish the activity successfully. After the EA and at flag, I congratulated them for their team work and told them how proud I was of them for not only working well on the color team, but also as a team of Wavus girls.

July 26

Kasey Jacksonis

Today's Wav went country as we embraced the southern culture. During flag we talked about the importance of manners and how people in the south really embrace proper etiquette and the girls were challenged to be extremely polite throughout the day. The second thing we discussed was how people in the south tend to be more relaxed and flexible, so the girls were also challenged to take it easy and go with the flow. The weather was less than ideal with complete overcast and chilly temperatures so g-swim was transformed into a campfire. Lunch was a camp favorite-tacos and not a girl went hungry. After lunch I gave the girls the task of choosing a country

song and choreographing a dance because the evening activity was air guitar. The girls then went to their usual afternoon activities with the addition of belt buckle making and line dancing to fit the theme. They used their second g-swim as an opportunity to practice their dance moves for the upcoming performance. Dinner was turkey and mashed potatoes with a special peach cobbler for dessert. At 7:15 the show began and the girls rocked it! The choreography was super cute and they really embraced the country spirit. The directors surprised us with their own performance which was followed by a giant dance party lasting until 8:30. We then gathered around flag to end the day and I concluded with the message that the girls should try to keep the country spirit with them and embrace manners and to go with the flow. Overall it was a very successful day. YeeHaw!

July 27

Jess Reilly

As with every weekday, morning flag was at eight, but there were a few more striped shirts in the crowd than normal. The girls were decked in their Waldo garb, which showed how easy it is for people to become a sea of blurry faces. If you take the time to look, however, you can see the Waldo of every group--you will find the stories, jokes, and warm heart behind every face. Each person is an individual, and at camp especially, we must take the time to learn who is behind the faces surrounding us. The girls' challenge for the day was to find some of their peers' stories and jokes. The day's activities all went well. At the ropes course, many girls swung high in the trees, and the girls in woodshop busily carved their

own wooden spoons. Others relaxed in the cool shade of yoga, and still more cooled off in the water at Wavus Waves. At G-Swim, the campers had to spot the Waldo amongst the staff members! For the evening activity, the girls participated in a campus-wide scavenger hunt. Since morning flag, Waldo had lost his camera, walking stick, swimming goggles, binoculars, and hat. Each cabin received a piece of a map, and once they reached the location listed, they found a scroll that directed them to one of Waldo's items. Their journey was made harder by various staff members dressed as Waldo who ran about campus. The campers had to catch and take a picture with every Waldo--Zippy, as the speedy dog, was perhaps the hardest to catch. The search took the girls all over Wavus, and the first cabin to win rang the bell and brought everyone back to Jewell. There, Waldo recollected his items and told of the importance of being prepared for any adventure (is. e. swimming goggles AND a hat!). At Wav, we all must be prepared for any adventure as well.

July 28

Christina Fogarasi

Today was a special day for the girls, because the Junior Wavus campers arrived! Given that a lot of the JW campers are younger than the full session campers, the theme for the day was "Role Model." At flag, the girls were reminded that they need to set an example for the JW campers, as well as for their peers. Additionally, we emphasized the wide variety of extraordinary role models present at Wavus, which they themselves can follow. While the term 'role model' is frequently thrown around, we reflected

on what the words actually mean by considering who influences our lives.

In terms of decorations, inspirational quotes hung throughout Jewell Lodge, where breakfast and snacks are eaten. For instance, the girls thought about sayings like “The best teachers of humanity are the lives of great men” and “A good example is the best sermon.” The quotes were not necessarily designed to be discussed, but rather for each girl to consider by herself. During Gathering Circle, the girls were asked to perform skits depicting an action or event which inspired them. One cabin, for instance, portrayed a story of a young boy who suffered from cancer and later went on to start a foundation in order to raise money for leukemia research. Since we had a little bit of time left after the skits were completed, the girls were asked to share any other moving stories they had with the group. So many girls raised their hands that we did not have time for everyone to talk!

During the second Gathering Circle, the girls played a game where they had to imitate their partner, as if they were mirroring her. This exercise was designed to help the girls think about what it means to follow someone’s footsteps.

Given that the JW campers arrived throughout the day, the evening activity consisted of a Counsel Fire, welcoming the new girls to Wavus. The weather was ideal for the fire, since it was a bit chilly in the evening. The JW counselors explained some of Wavus’ core principles and then campers, counselors, and staff began some camp fire songs. As a whole, the day was quite low-key and allowed the girls to focus on welcoming the JW campers and consider how they could

best exemplify the Wavus values for their new friends.

July 29

Krista and Holly

Today was a darn tootin’ fun day. We started the day off by wakin’ up, hah! What luck! Life was in the cards for us today. We gathered at flag and spoke about keepin’ your body young and strong by jazzercising, water aerobics, and eating fruits and vegetables. Oh yeah sun screen too, can’t forget that. We also talked about respecting the elders, because of the wisdom they got. The weather was cloudy, with a little happy burst of sun every now and then. For lunch we had pizza which was delicious and so much better than our typical retirement home grits. Gertrude and I (Pat 2.0) performed our synchronized fanny pack dance. Now known as a waist pack, why would they do that? Fanny pack sounds funnier. Hah! The OLDIES (OD’s) lounged around the stage in rocking chairs under the sunscape. Our activities of the afternoon consisted of croquette, mystery van to Goodwill to buy elderly outfits, water aerobics, cane making and visor/broach making. For dinner we chowed down like a brown cow on hot dogs and macaroni and cheese. The evening activity was a rousing game of bingo. All of the old ladies from the block gathered in the Jewell and played 4 rounds of Friday night bingo. Now we rest our old bones for a good night’s rest and look forward to another day of friends and fun at the Wav.

July 30

Katie Danz

The all too familiar phrase of “shoot for the moon because even if you miss you’ll land among the stars” was in



full effect today. Overnight, Wavus camp for girls went from the town of Jefferson to the lights and drama of New York City. It was Broadway day here at Wavus and the theme was evident from the moment the girls walked down from their cabins in full costume, which included wigs, sunglasses, feathery scarves, sequenced dresses and elbow-long gloves. While we all can't be singers, actors and dancers, we can indeed act as an actor does in order to make tasks here at camp simpler for us. For instance, when we are truly fifty feet in the air on a log and find ourselves stuck to it, we can pretend that we are instead on a steady surface and walking in a straight line on the ground. Today's message followed these lines of pretending, and I challenged all campers to keep their motivation to the up most level and to not back down. Because being on Broadway requires more than just talent, for it also requires a persistent behavior, the girls here at camp were able to act as a Broadway star does. After a breakfast that was accompanied by the Phantom of the Opera soundtrack, the children went to their assigned morning activities. After lunch, the afternoon activities followed, which included and were not limited to making up a song and dance about Wavus, origami making, ropes course and much more. The girls were dismissed from dinner early so that they could get ample time to practice for their evening activity. The activity that was announced for this special day was a performance of a song that was to be made by each cabin that consisted of a popular Broadway show that was assigned to them. There were songs from plays such as "Annie", "Wicked", "West Side Story",

"Mamma Mia", "Rent", "Hairspray", "Grease", and "The Lion King" and all were performed exceptionally well. At the end of the day, I closed our theme with simple words of encouragement, incorporating the idea that they can be whatever they choose to be and do whatever they choose to do. After all if you keep yourself motivated, your outcomes and results will all be worth it in the end.

July 31 **Molly Underhill**

Today was mystery day at Wav. With such an ambiguous theme, I figured that flexibility would be a great thing for the girls to keep in mind for the day. It is harder than one thinks to go with the flow, but it is one of the most important skills any individual can master. As the girls at Wavus grow into leaders, I wanted them to understand that a true leader never changes their core set of values, but is always flexible in how those values and goals are executed.

The day began with the girls sleeping in. Feeling well rested, we feasted on our usual Sunday donuts before scurrying back to the cabins to scrub them clean for cabin inspection. Chapel was particularly special today. Many people shared, both campers and counselors, opening up about their feelings about Wavus and what makes it so special. After chapel, we went straight to an early lunch, escaping the blazing sun and eating under the shade of the sun-scape. The girls put on bathing suits and grabbed towels, and we all loaded up into vans and a school bus, surprising the kids with a day on Pemaquid Beach. It was a great opportunity for girls from different cabins to hang out. With a cloudless sky

and a strong sun, there was no better place than to hang out in the refreshing waters of the ocean. At the end of the day, every cabin built an elaborate sand castle in a competition judged by the counselors. We ended the day with a picnic dinner. The girls spread blankets and towels all over campus to eat before filling up on their surprise dessert of tubs of ice cream. After flag, everyone gathered on the floor of Jewell with pillows and blankets for a viewing of the Princess Bride.

Another successful day!

August 1

Emory O'Donnell

Today was Wavstock 2011 – a day centered around self-love and self-expression, both of which we are free to cultivate here at Wavus. Many of the girls adorned their best hippie costumes, complete with peace sign sunglasses, tie-dye t-shirts, headbands, etc. With the cheerful sounds of Woodstock playing in the background, we enjoyed a delicious breakfast. The girls participated in their morning activities and enjoyed another sunny day here at Wavus. Come the afternoon, some of the girls were busy making hippie headdresses out of flowers while others enjoyed a nature walk during which they stopped to build fairy houses. After cooling off in the lake at G Swim and filling their stomachs with another delicious meal, the girls spent the evening listening to music and tie-dyeing white t-shirts, shorts, socks – literally anything! The girls put their best self-expression to work by also drawing pictures representing peace and love and Wavus on a giant mural that is now hung up in our dining room! It was a wonderful day of good music, good vibes and good times.

August 2

Genna Spears

Today at camp we took things a step back for an “Old Time Camp” feel. With the session already half way through, the message was to enjoy every precious day at camp and the simple pleasures it has to offer. We suited up in all our Wavus spirit gear and sang songs at General Swim and lunch time. The camp pride was shining all day. For some old time afternoon sign ups we had a fire building clinic and old fashioned stationary making. The evening activity was a good old campfire. We sang and danced to camp songs around the fire and then ended the night by roasting marshmallows for S’mores.

August 3

Eden Walsh

Today was a super fantastic day! We gathered at flag and talked about how everyone could be their own hero and having the courage to do so. It was a beautiful day with lots of sunshine which worked for the superhero activities that we had in the afternoon such as a “super” long swim from the waterfront to the point, cape/mask making and archery practice to help them fight crime. Throughout the day the girls wore their superhero costumes that showed their individuality and creativity. At breakfast, lunch and dinner there were “battles” between Supergirl and the evil Greentoll, where of course Supergirl won until dinner time when the Greentoll hid Kryptonite around the campus to weaken her. This lead into the Evening Activity where the girls had to collect the kryptonite and put them in the baskets before being catch by the Greentolls minion. Thankfully the girls were able

to collect all the Kryptonite and help Supergirl regain her powers so that she could save the world and fight crime for another day. This activity and the theme for the day allowed girls to meet new friends and learn to help others when they are in need.

August 4 **Margi Emhof**

On August 4th 2011, Wavus camp transformed into Monsters, Inc. to observe "Monster Mash Day." In the morning we discussed people's real fears in their everyday life. Although the girls no longer believe in monsters under their bed or hiding in their closets, there are monsters that haunt them and prevent them from doing the things that they want to do or prevent them from being the girls that they want to be. Whether it is a fear of failure, or even success, being an outcast or different, fear immobilizes and hinders people of new experiences and personal growth. We encouraged the girls to face the monsters that they fear and conquer them. The day was filled with spooky and fun activities for the girls. They enjoyed cheering on their Wavus counselors, "The Wav Monstars" against the Wavus kitchen staff in a heated and competitive barefoot soccer match during rest period. In the afternoon they had the option to learn Michael Jackson's infamous, Thriller dance or participate in a ghost tour in Damariscotta. At night a terrible zombie virus infected the entire counselor staff and the girls played a game of zombie tag across the camp, where they searched for the three vaccines to make them immune to the zombie virus. In the end the girls had new courage to take on their own personal monsters.

August 5 **Mandy Mathias**

This morning Wavus woke up to clear skies and sunshine. The theme for today was Toga Day and the girls came bounding down to flag draped in bed sheets, rocking gladiator sandals, and make-shift duct tape belts. Today the girls were encouraged to take on new challenges and celebrate their victories. In honor of the history of Greek theater, the evening activity was skits. The twist was that each cabin had to randomly choose a story (Beauty and the Beast, Three Little Pigs, etc.) and a style (Opera, Country, Kung-Fu, etc.) and decide how they were going to synthesize them together. The props and costumes were extravagant and the energy level was high as each cabin stood in front of the camp and performed on the stage in Andrews. After skits, we walked down to council fire, to honor the Junior Wavus Campers last night here. As we lowered the flag at the end of the day, each girl had the same big smile on her face as she started with and the skies were still clear up above.

August 6 **Nerd Day**

Today was nerd day and everyone came to flag with their pants hiked up and their glasses taped! It was the JW's last day at camp and we had a chapel service for all the JW parents while the rest of the camp had morning activities. A.T Sea II returned today via kayak, although smelly and sunburned, they had an awesome time. After gathering circle A.T. Sea I arrived via van after a day of hiking, clad in their boots and sports bras! Cherokee also arrived back from the White Mountains. Everyone had a blast on their trips but

we were so happy to have them back! Afternoon activities went well and a lot of people enjoyed the beautiful weather by swimming in the lake. We finished up the awesome day with the EA as a science fair. Everyone was really creative and it was really hard to choose a winner but Algonquin took home 3rd place, Shawnee 2nd, and A.T. Sea I and II tied for first place! The message of the day was to embrace your inner nerd and not be afraid to show your true self. Everyone did a great job!

August 7 **Julia Welter**

Despite waking to a rainy Sunday morning, the campers arrived at flag clad head to toe in Wavus gear for Wavus Warrior day. After a breakfast of homemade donuts, crafted by the directors, the girls headed back to their cabins to scrub every last inch for inspection. Chapel was spent in Andrew's hall due to the rain, but the grey weather did not put a damper on our spirits. At lunch, a team of spies was sent to Kieve to capture a male counselor to show him how we Wavus Warriors do things. Our kidnapped victim was amazed by our hospitality and fun loving attitudes. After experiencing a day of nail painting, yoga, and much singing we returned the counselor, along with a video that promoted Kieve-Wavus togetherness, to the boy's camp. Because of the rain, the Warrior relay was given a rain-check and a massive Wavus dance party ensued instead. The strength of our Wavus Warriors was put to the test throughout the day culminating in an evening full of camp spirit.

August 9 **Marge Tucker**

It was a gorgeous morning when the girls arrived at flag sporting red, white, and blue for America day. The day started with the raising of the flag and a reminder to appreciate where you are whether it be the USA or Camp Wavus. We had a delicious breakfast of cinnamon rolls and sang patriotic songs as we ate. The day flew by and all activities were a huge success as usual. Taco Tuesday is always a crowd-pleaser at lunch and the girls got excited to head to rest hour and then to afternoon activities. We had collage flag making and three mystery vans to top-secret locations, woodworking and island swim, and many more. After General swim in the afternoon we headed to dinner then re-grouped for an intense game of Capture-the-Flag. There was no winner because the flags were very well hidden, but everyone had fun running around and searching up and down for the Wavus/American flags. We came together again at flag to talk about the day and once again remind each other to enjoy every second of Wavus as we only have three days left! It will be a bittersweet goodbye, but until then we have Harry Potter day and many other things to look forward to. See you soon and God bless America!

August 10 **Katie Paige and Christine Reighley**

Today Wavus was transformed into the magical land of Hogwarts School of Witchcraft and Wizardry! We enjoyed a bit of a sleep-in due to some rain, then arrived at breakfast, where we welcomed Long Voyage back to camp, after nineteen days of canoeing across northern Maine. At breakfast,



the campers were sorted into the four houses of Hogwarts; Gryffindor, Slytherin, Hufflepuff, and Ravenclaw. During the morning gathering circle, each house planned a skit to perform during the afternoon gathering circle.

There were many different activities offered in the afternoon, and in the spirit of the day, they included wand making, potions (creating ooblek) and herbology (environmental education). Other activities included space club, football, reading and hot chocolate, and a mystery van to Moody's Diner for some pie!

We enjoyed a candlelit dinner in the Great Hall, which was decorated by one of the afternoon activity groups. All the houses were able to sit with one another in long rows. After dinner, we had the Quidditch House Cup. The final match was concluded in a dramatic fashion when Ellery Hicks of Hufflepuff caught the silver snitch! They took home the trophy, earning themselves butterbeer (i.e. rootbeer floats) as a prize.

August 11

Jewellianos and Fireworks

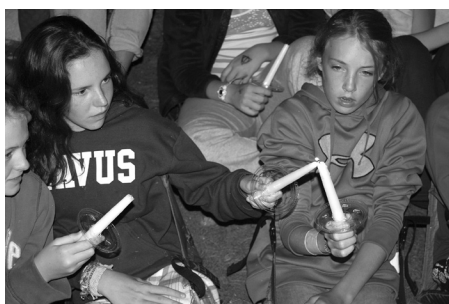
The last Thursday of each session is always one of our favorites. With nearly every camper back at Wav from the wilderness, camp lights up again with energy. The day was relaxing and fun and the girls were free to roam to any activity to finish up projects and earn last qualifications. We enjoyed another Wav lunch under the sunscape and made our way to the last G-Swim. Another beautiful day hanging out on the lake, and the number of counselors tossed into the lake rose exponentially today! We all had a great time and didn't even mind getting our last ear squirts of the summer. After G-Swim

we got dressed for one of our favorite traditions, Jewellianos! Jewell was decorated as an Italian restaurant and right before we sat down to dinner, we heard sirens coming down the road! We all ran down the hill and saw Wav 7 roll around the corner. Our own Julie Walters ran out of the van screaming "FIRE" and spraying a fire extinguisher everywhere! As if that wasn't confusing enough, following closely behind Wav 7 was a FIRE TRUCK!! And on top of that fire truck were the Maine Trails girls!! This will go down in the Wavus History Books as one of the most epic entrances of all times and being witness to this was an honor. We brought our sisters back inside Jewell so they could enjoy their first sit-down dinner after 22 days in the wilderness! Of all the things they missed while being away from civilization, Mary's cooking topped the list. After yet another outstanding Wavus Dance Party, we split off to three different campfires where our older campers got to tell the younger campers about their trip and what they had to look forward to. We put the last fire out all of Wav and piled into the busses for the trek down to Kieve. It was great to see our brothers and to enjoy another unreal display of what can be argued as "The Best Fireworks This Side of the Damariscotta!" We were all a little tired as we got back onto the busses and headed straight to our bunks to close another memorable day at the end of Wavus Point Rd.

August 12 - Carnival

While the last day of camp is always sad, it was hard to be sad on this year's last day! We spent all morning cleaning and packing. Our last Wavus lunch was filled with lots of counselor chants and silly songs. After lunch, Nancy

announced that Wavus was hosting a Carnival! The rest of the afternoon was a free-for-all as we jumped in the bouncy house, rode the mechanical bull, ate lots of fried dough, and got our fortunes read! My fortune informed me that I would be a "Wav Girl for life!" We ended the festivities with the slip and slide. Our last Wavus dinner was followed by Council Fire. We circled 'round the fire pit under the Totem pole for the last time. Each counselor said a few words about their cabin and awarded them a ray of the totem. The Maine Trails campers each took a moment to say a few words about their trip and imparted some wise words of Wavus wisdom on their younger fellow campers. After lighting each candle from the flame of the Council Fire, we walked silently up to the flagpole at the doldrums. Our circle of candle light was slowly extinguished as Nancy said goodnight to each cabin one-by-one. Our last night under the starry Maine sky was the perfect way to say goodbye to Wav '11. We headed off to our bunks for one last night together in our cabins.



Trip Logs - Session 1

Junior Wavus Respect

Hog Island/ Snowgoose

HBC: Bethie Fowler

JC: Lexi Casale

JC: Meredith Haynes

July 7

We left Wavus after breakfast. The drive to Bremen dock took about forty minutes, and we spent the ride dancing and singing along with the radio! Once we got to the dock we met up (briefly) with the Junior Kieve groups who would be camping at Bremen the same night, then we got onto the Snowgoose III to bring our things to Hog Island before spending the day on the Snowgoose III with Captain Bill and Troy. The day was gorgeous and we enjoyed the sun from the deck, while learning about lobster fishing. Our favorite part of the day was jumping off the roof of the boat into the ocean, some girls jumped as many as 16 times! We also caught some fish. When we got back to the island we set up our tents, cooked rice for dinner, then built a fire

and cooked hot dogs and s'mores. It was a delicious meal. After dark we went down to the dock to look at the photophosphorescence. After a lot of whispering and giggling we settled in for the night.



July 8

Four of our girls woke up super early, so Bethie took them to the dock to play at 7am to let the others sleep in until 8. Once we were all up, we ate a breakfast of peanut butter & jelly bagels and cleaned up our campsite. Carolyn from Hog Island led us on a short hike with lots of stops to swim and explore the tide pools. The girls got very muddy and played with the crabs and periwinkles along the shore. We got back in time for our lunch, sandwiches, and Carolyn read us *The Lorax* by Dr. Seuss. Then we went for one last swim before leaving for camp. On the way back we “mysteriously” ended up at J Scoop for ice cream. We were all happy and tired. It was such a great trip!



Junior Wavus Responsibility

Hog Island/ Snowgoose

HBC: Elise Lindsey

JC: Katie Paige

JC: Kasey Villeneuve

July 7/July 8

Our overnight at Hog Island was amazing! We, along with the JW cabin Respect, arrived on Thursday and were swept off on the Snowgoose by Captain Bill and Troy. We pulled up some lobster traps, jumped off the roof of the boat into the icy water, enjoyed the sun's warm rays, had a pleasant picnic, went fishing (successfully!) and headed back to the island for sea creature exploring, and hotdog and marshmallow roasting over the bonfire on the shore. That night we checked the phosphorescent plankton off the dock and everyone headed off for a peaceful night of rest on the island. The next day we packed up the campsite using LNT principles that we had learned about, and then headed on a nature hike with



our Audobon tour guide, Carolyn. The girls loved the 2.5 mile hike with stops along the shore. The girls loved exploring the coastline, finding crabs and other sea creatures below the seaweed and between the rocks. After lunch, a story, some swimming, and a ride back to the mainland, we returned to Wavus via a pit stop for ice cream at J-scoop.



Junior Wavus Courage

Hog Island/ Snowgoose

HBC: Pam Porter

JC: Kelly Gould

JC: Kim Picard

JC: Stephanie Ambroise

July 4

Off we went. We left for camp shortly after breakfast and drove to Bremen. Upon arrival at Bremen the girls ambitiously packed our gear onto the Snow Goose III. As we headed over to hog Island there was a light fog. After dropping all of our things off, we went back onto the Snow Goose and gingerly headed off into the pleasantly mysterious fog. The day was filled with lobstering, swimming, fishing, eating granola bars and looking at marine life, including seals sitting on the rocks. The girls were very excited to see the seals swimming and wobble on the rocks to get back into the water. As the afternoon went on and the girls got hungry we anchored at Otter Cove and made our sandwiches. After lunch, the captain allowed the girls to climb to the top of the lobster boat and enthusiastically jump off into the freezing, salty water of the ocean. For some it was an easy and they jumped many times. For others it was challenge and they felt the empowerment of jumping once. After about an hour the cold waters brought our ocean swimming experience to a pleasant end.

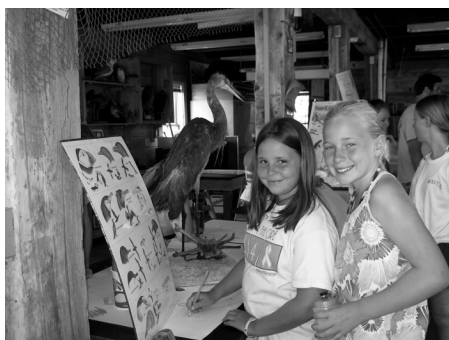
The captain and first mate handed out fishing rods and showed them how to "jig" for mackerel! After a few practices, the first mate brought the anchor back onto the boat and we went to a new destination to try fishing! Even though we did not catch any fish the girls had a fantastic time learning and were sad to finish the experience. We

then traveled to find the Snowgoose buoys and brought up lobster traps and to their surprise there were plenty of lobster. First mate Jonathan taught the girls how the lobsters get into the traps and how to measure a lobster. Each camper was able to hold the lobster...after banding the claws of course. If the lobsters were big enough the captain and first mate were able to keep them for their Fourth of July dinner! We then headed back to Hog Island and put our tents together on the campsite.

Between two of the counselors and some ambitious campers a beautiful fire was built on the beach where the girls were able to roast their own hotdogs on sticks found around the island. We chose to do hot dogs over the fire because the majority of the cabin had never had the experience of roasting their own hot dog. They were thrilled to have the experience. They then were able to roast their own banana boats (Bananas with snickers melting on the inside) and S'mores. When the food was all cleaned up we celebrated Independence Day with songs and lit up the beach with sparklers. Before bed and just after dark we all went down to the dock and Pam showed all of the campers the phosphorescence.

July 5

The next morning after breakfast we met up with Ryan to start our day with new learning experiences, including the inter tidal, marine life, and the museum of things that could be found on the island. The girls learned about the environment and nature by blindfolding each other and leading each other using other senses to figure out what they were touching. The intertidal zone was a constant fascination for the girls and kept them



entertained throughout the trip. They also participated in a scavenger hunt around the island and searched within the seaweed and rocks for crabs. After a long days work, the tents got put down, and the girls for the last time jumped off of the railing into the cold water. We ended the trip with Jefferson Scoop ice cream and headed back to camp.

Junior Wavus Kindness

Hog Island/ Snowgoose

HBC: Aileen Hurd

HBC: Bethany Preuss

JC: Kasey Jacksonis

July 4

Kindness had an amazing trip to Hog Island and on the Snow Goose III. Our day began with a delicious Wav breakfast followed by sandwich making and last minute packing. Once we got on the boat we traveled over to the Island and dropped off our belongings and set out on our way. We snacked on gorp as we watched seals played on the rocks. The weather was absolutely perfect for swimming, so after we ate our sandwiches and apples, the captain anchored the boat in a peaceful cove. The girls took turns jumping off the top of the boat- a very courageous feat- and we are proud to say that every Kindness girl accomplished this challenge. The whole cabin was very supportive of each other as they faced their fears of heights. After swimming the girls went fishing, unfortunately there were no catches. After a long day on the Goose, we went back to the island; set up camp and had some pasta for dinner. Later we roasted marshmallows and made s'mores and ended our day with patriotic sparklers to celebrate the fourth of July.

July 5

The next morning we woke up around 8 and had some delicious oatmeal for breakfast. Ryan and Carolyn who both work at Hog Island had some wonderful activities planned for the girls including a blindfolded nature find, a paint swatch match and a beautiful nature hike. The girls learned so much about LNT-leave no trace, and the different eco systems that Maine has to offer. We had sandwiches for lunch



again and after lunch went for another swim. We ended our stay at Hog with a nature scavenger hunt in which the girls displayed excellent teamwork. It was then time to pack up camp and head back to Wavus. The trip was not complete of course without a stop at Jefferson Scoop for some well-deserved ice cream! Well-done, Kindness!

Algonquin

HBC: Margi Emhof

HBC: Lindsay Dinsmore

JC: Mandy Mathais

June 28- Snowgoose

We met Captain Bill and his mate Troy at the Kieve landing in Bremen. Onboard the Snowgoose III, we cruised around Muscongus Bay, pulling up lobster traps. We caught mostly small lobsters, but two of the lobsters were large enough to keep. All the girls who wanted to were able to hold the lobsters. We all learned of Elise's incredible throwing talent as she sent one of the lobsters flying into the air and back into the water!

Once we had checked all the lobster traps, Troy taught the girls how to fish for mackerel. It took us a while to find a spot where the fish were biting, but finally we came to a spot swarming with fish. Lily, Lindsey, and Brooke each caught a fish and Liv caught two!! After fishing, we came to rest in a cove between two islands and anchored for lunch. We enjoyed peanut butter and jelly or ham and swiss cheese sandwiches and made a game of catching grapes with our mouths - Lindsey caught one on her first try! After digesting our lunches, we all went for a dip in the cold ocean. The sun was shining and the heat was horrendous, so the ocean water

was refreshing. Many of the girls were courageous enough to jump off the roof of the boat! Ceci enjoyed floating in water for almost a half hour. Then they all threw a party on the bow of the boat, singing and dancing together.

Once we got moving again, the girls tried their hand at fishing again and had a bit of luck. On the cruise back Sarah and Lily road in the pilothouse with the Captain's dog, Zelda. Captain Bill treated the girls to some candy, just in time to return to the dock and head back to Wavus. Overall, our trip on the Snowgoose III was a successful first trip and the girls really bonded as a cabin!

June 1-2 - Camden Hills

Day 1

The campers of Algonquin Cabin were full of mixed emotions as they prepared for their first camping trip together in Camden Hills. For many of the girls, this was their first time camping and hiking and although there was excitement, there were also many nerves. Despite some people's slight anxiety, everyone entered the new experience with enthusiasm and a positive attitude.

After arriving in Camden Hills State Park, the girls learned how to set up a tent and also how to go to the bathroom without a toilet, a valuable skill set. The tent set up was a little difficult but the girls were eager to learn, and were ultimately successful after their many attempts. They celebrated the complicated task with a healthy lunch consisting of turkey and cheese on pita bread, string cheese, apples, and Fig Newton's. Once the girls had nourished their body with nutrients and energy for a difficult hike, we prepared to climb Mount Megunticook with loads

of sunscreen, bug spray, water, and of course a camper favorite, GORP.

The climb proved to be difficult for many of the girls. This was the first time some of the girls were pushed physically and mentally and the hike was a challenge for many. Despite the hard test, the girls remained positive and encouraging, helping those in need by supporting one another whenever someone felt tired or discouraged. Once reaching the summit, the girls immediately had a feeling of accomplishment and pride. The combined view of the Atlantic Ocean and the town of Camden was truly beautiful, and the scene was incredibly rewarding for the girls. The climb down the mountain was much easier and quicker, and once reaching the bottom of the mountain, the girls were ready for a big dinner.

The girls had a great time preparing a delicious meal of spaghetti with tomato sauce and garlic bread. To finish off the dinner and the long day, the girls celebrated with the Kieve campers at a "S'mores social" where they swapped ghost stories and their hiking adventures around the campfire.

Day 2

After a peaceful sleep in the tents, the Algonquin campers woke up early to pack up and make breakfast. They enjoyed bagels with cream cheese or butter, various flavors of oatmeal, and hot chocolate. Once the site was packed and cleaned (we left no trace) the girls were excited to climb Mount Battie, this time with much more confidence in themselves. The hike started with a nature trail and soon the steepness of the mountain increased. The girls were ready for the challenge and handled the task with much more ease and assurance. They enjoyed a different,

but again beautiful, view of the Atlantic Ocean with the town of Camden while eating a lunch of PB&J sandwiches, with GORP, and Goldfish Crackers, from the Mount Battie Tower.

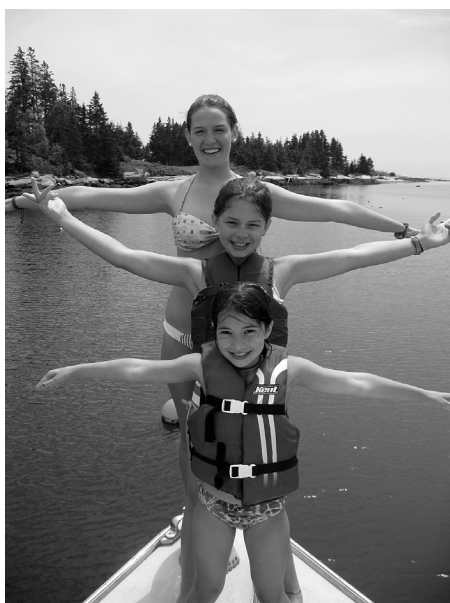
While climbing down the mountain the girls and the counselors assigned each other trail names, and discussed the ice cream flavors that they would get at J-Scoop. After finally reaching the bottom of Mount Battie, everyone hopped in the car and headed home. At J-Scoop everyone enjoyed a much deserved ice cream cone and discussed the highlights and lowlights of the experience. The girls had a blast bonding as a cabin, by learning a great deal about one another and about themselves as individuals.

June 8-9 - Bremen/Hog Island

Day 1

This morning Algonquin woke up at Wavus and went to flag and breakfast. After breakfast we filled up our water bottles, loaded the trailer, hopped into the van and drove to Bremen. Once we arrived, we had a short kayak paddle over to Hog Island. We used teamwork to move the boats up out of the water. Next we worked together to set up our tents. Then we made a lunch of peanut butter and jelly on pita bread with a side of cheese ritz crackers and apples.

Our Hog Island guide, Ryan, gave us a tour of the Hog Island museum where we learned more about the indigenous peoples and animals of the island. Next Ryan led the group in games that helped us to use our sense to observe the natural world. In one game the girls partnered up and one was blindfolded while the other led her to an element of nature, let her use all of her sense but her eyes, and then led her away from it, took off the blindfold, and the



previously blindfolded girl would try to find what her partner led her to.

Next we went on a nature walk, on the walk we went down to the beach and explored the marine life in the tide pools. When we got back to our tent site we changed into our bathing suits and went swimming in the ocean and jumped off the dock. Afterwards we changed into dry clothes and spent time reading in our tents or playing a game of Frisbee. Then it was time for dinner; we ate grilled cheese sandwiches and vegetable soup. For desert we made scrambled brownies with marshmallows and graham crackers. Afterwards we played another game of Frisbee, and several other games in the Fish House. Then we read Charlottes Web and went back to our tents to sleep.

Day 2

This morning we woke up at 8:00 am and took down our tents, packed up our gear, and dressed for the day. Once that was done we ate a delicious breakfast of M&M pancakes and finished getting ready for our hike. Today we hiked a longer nature trail, on the way we stopped to build fairy houses in the forest. After a little while of hiking we got to a beach where we stopped to have a snack, run around, explore, and play. The girls caught sand fleas, searched for shells, and threw rocks into the water.

Then we continued hiking and played a game of camouflage on our way back to the mainland. Once we completed our hike we had a quick lunch and loaded our kayaks into the water, and paddled back to Bremen. The weather was beautiful, and the water was relatively smooth. Once we arrived at Bremen we brought our boats up, returned our life jackets, and

re-loaded the trailer preparing to head back to Wavus. On our way home we stopped at Jefferson Scoop to reward the girls with ice cream for being so great on the trip.

Mohawk

HBC: Kailey McKenna

JC: Jess Reilly

JC: Genna Spears

July 4-6- Mt Blue State Park

Day One

Mohawk Cabin set off right after a breakfast at Wav for Mount Blue State Park. The ride took two and a half hours, but the girls talked, laughed, and sang the whole way. On the drive there, our van passed a firehouse that was celebrating the Fourth of July, and the firemen were kind enough to give each of our eleven girls a small American flag. Upon arriving at the park, a sudden downpour startled our move-in to the campsite, and the girls quickly changed into their rain gear before moving the wannigans and gear. The girls learned how to set-up tents by themselves, and we were so proud to see their finished work. The rain had cleared up, and the girls took a well-deserved break from unpacking to go swimming in the lake at our campsite. While they swam, the counselors began a dinner of burgers. Some of the campers enjoyed helping slice avocados and tomatoes for dinner. We had a wonderful dinner that ended in a patriotic dessert of berries and cream. The girls greatly enjoyed the berries and cream skit that the counselors performed when serving the dessert. Once dusk came, every camper received surprise sparklers that they played with by the lake. After sparklers, we all sat by the lake,

watching fireworks across the lake and singing patriotic and Wavus songs. We finished the night with s'mores around the campfire, and the girls helped put out the embers before settling into their tents with full and happy stomachs.

Day 2

We started the day with a late breakfast of m&m pancakes. July 5th was camper Amelia's 10th birthday, so she opened her presents around the breakfast table with friends. After we cleaned up from the meal, we took the van to Tumbledown Mountain and climbed Brook Trail. The trail was very rocky and somewhat difficult for the girls, but they pulled through and met the challenge. A couple of campers stumbled on the way up, but they put on brave faces and made it to the summit. The smiles on the girls' faces when we reached the final rocks before the summit were brilliant. A lake is nestled in the top of the mountain, so the girls relaxed by the water as they ate a well-deserved lunch. Many of the girls went swimming in the lake, and a number of others enjoyed the warm sunshine. The girls explored some of the small trails around the lake, laughing and talking. They had a good time signing the trail log and writing Wav '11, Pow Pow! After about an hour of rest time, we headed back down the mountain. The girls developed a buddy line to help descend over the steep ground and rocks, and they showed great teamwork, as they made certain their buddy followed them safely. There were a lot of tired feet at the end of the trail, but they made it to the top and back, and every girl of Mohawk cabin was very proud of herself and her friends. After the climb, we drove back to our campsite and the girls went swimming. After swimming, the girls

helped prepare our taco dinner. It was a great success, and all enjoyed the food. After dinner, we enjoyed cupcakes decorated for Amelia's birthday, and she opened more presents surrounded by her friends. The girls played with more sparklers before learning how to start a fire. We roasted marshmallows around the fire, and the girls sang songs and wished Amelia more "Happy Birthdays" before retiring to their tents.

Day 3

July 6th was our last day at Mount Blue, and the girls enjoyed a warm breakfast of oatmeal and berries before packing up camp. Packing up took most of the morning, and the girls were a huge help in carrying the wannigans and gear up from the campsite to the van. They did most of the transport themselves! After loading the van, we drove to the park's public beach, and Mohawk Cabin enjoyed an early morning swim in the lake. After changing into dry clothes, we headed in the van to a beautiful overlook for lunch. The girls enjoyed sandwiches and fruit overlooking the lake, and we all went for a short half-hour hike along a nature trail. The path was muddy, but the girls were great sports as we hiked up the trail. The trees were beautiful, and the girls enjoyed looking through all the nature. After our hike, we returned to the van and headed back to Wavus. At camp, we unloaded the van, and the girls enjoyed a home-cooked meal before settling in for the night.

June 26-28-Damariscotta Lake

Day 1

We woke up in the morning to a rainy day ahead of us. After breakfast at camp we loaded up the canoes and were out on the lake by 10:30. The winds were



strong and the waves were choppy, giving us quite the challenge. Despite the conditions, the girls of Mohawk paddled with strong determination across the lake. We stopped for a break in a cove where we rested our arms and snacked on GORP. We continued down the lake in hopes the weather would soon clear up. We kept our spirits high by singing songs and telling jokes. Unfortunately winds only picked up and it began to rain so a Wavus motor boat “came to the rescue” and brought us to Punk Point, our camp site for the night. We set up tents and put on warm layers right before the storm hit. Dinner was vegetables, rice and chicken followed by a campfire and s’mores. The night ended with the girls writing a Wavus song and performing it for the counselors. Afterwards we all got into our tents and snuggled up as the thunderstorm boomed outside.

Day 2

After a loud night of thunder and lightning, the storm was still going when we awoke in the morning. The girls stayed in the tents telling stories and giggling while the counselors cooked breakfast. Bowls of oatmeal were delivered to the tents where breakfast was eaten. The rain was still pounding down. After some time the decision was made to pack up and head back to camp. Within an hour all three tents, six canoes, and all personal and group gear were packed up. Helena and Sigrid arrived with the van and the trailer just as the rain cleared up. The girls did an awesome job loading the gear and before we knew it we were back at camp.

Snowgoose

On our Snowgoose adventure the girls of Mohawk cabin enjoyed a

beautiful day on the Maine coast. Captain Bill and his first mate Troy educated the girls on local wildlife such as lobsters, crabs, seals and fish. In the morning the girls participated in pulling up the lobster traps and were fascinated greatly by what they found. Before lunch the girls bravely jumped off the roof of the Snowgoose with great excitement, the cold atlantic water didn’t seem to phase them in the slightest as they jumped off numerous times. As we enjoyed the boat ride back to Bremen the girls took the opportunity to fish and with great success.

Hog Island

Mohawk cabin set out shortly after breakfast for a full day on Hog Island in Muscongus Bay. Ryan Pelletier of the Hog Island staff, greeted us at Bremen landing. Then the girls of Mohawk fun-yaked across the by to Hog Island where they enjoyed jumping of the dock and a picnic lunch. After lunch Ryan took the girls on a nature walk where they learned and explored the local environment. As we fun-yaked our way back across the bay we made a stop on the crotch islands to explore and swim before returning to Bremen landing. The girls of mohawk celebrated there Hog Island adventure with an ice cream treat at J-scoop.



Cayuga

HBC: Elizabeth Cook

JC: Logan Faulkingham

JC: Christine McCormick

June 24-25 - Damariscotta Lake

Well, we are back from a great trip that has us all excited for our 5 day adventure in the White Mountains! We paddled almost four miles down the Lake from Wavus to our beautiful campsite, where we practiced a lot of the skills we would need in New Hampshire. We set up our tents and organized our campsite, then ate a delicious dinner of Stir Fry and Chicken. Everybody helped clean up and then it was time for games and s'mores! Although it was overcast, the rain stayed away and we had a great time! After a night filled with turkeys and other sounds of nature, it was time to head home to Wav. Unfortunately, mother-nature was not being as kind today and the wind kept pushing our boats back to shore. So, with a little help from our friends at camp we made it back safe and sound.

June 29-July 3- White Mountains

Day One

Left camp after a super breakfast and made it on the road ahead of schedule! All the girls were really prepared and did their part to make getting out of camp a great success. We made it to New Hampshire around noon, and checked into our campsite at DollyCopp in the White Mountain National Forest. We split into different groups; one group made our grilled cheese lunch while the other set up the tents for our campsite. After we cleaned our dishes, we were ready for our first hike! Less than a mile down the road from our campsite was the trailhead

for the IMP trail, a long loop that is supposed to have awesome views. Due to time, we ended up turning around and heading out the way we came, but the IMP gave us a taste of hiking, some of us for the very first time. With a few miles under our belt we headed back to our campsite to prepare a dinner of burgers (or veggie burgers) and carrots. We packed up our bags in anticipation for the next day and loaded them in the van. Tomorrow would mark our attempt to summit Mt. Washington, the highest mountain in the northeast, and we would have to have an early morning!

Day Two

Woke up at 4:50 and ate a filling portion of oatmeal before piling in the van and driving the few miles to Pinkham Notch Visitor Center and the base of Mt. Washington. We were one of the first groups on the trail, with the weather report at the top saying that it was 39 degrees with 70 mph winds. With lots of breaks, we were still over half way up by 10 am, when the weather took a turn for the worse. The wind, rain, and cold made parts of the trail impassable, so we decided to take a break in the Mt. Washington Shelter on the Appalachian Trail. After a GORP break, we came to the decision that it would be best to begin our descent. On our way down we met our brothers from Kieve on the trail; they had gotten a much later start than us, but they saw a moose on the trail. We saw a variety of interesting people on the trail, and made it down to the bottom in time for lunch on the picnic tables at the visitor center. We were disappointed with our inability to summit, so we checked to see if we could drive up the auto-road instead. Unfortunately, our combined weight would have made our passing



dangerous. Instead, we decided to take a “mystery van” ride to get to know the area a little better and ended at an ice cream parlor as a special treat. We headed back to DollyCopp with ice-cream smiles and a few new ideas for trails. That night for dinner we ate pasta with basil-pesto, and split up into duty-groups for cooking, cleaning, and fire-building. After that we were exhausted and hit the hay.

Day Three

We got a later start today and ate a breakfast of eggs and English muffins. Once in the van, we drove south to Jackman NH to Iron Mountain. After a ridiculously steep climb in the van (in which we wondered if we were just driving to the top) we parked and started at the trailhead. Immediately we were acquainted with picturesque views that took in a lot of the Presidential Range. The hike was equally steep as Mt. Washington, but a shorter distance and better weather meant we made it to the top by lunchtime. The girls felt a huge sense of accomplishment summiting our first mountain and we spent a good amount of time at the top enjoying our success. When it came time to descend Iron Mountain, we took our time because of the extreme incline and wet pathway. Eventually we made it down and began our drive back to camp. When it began to rain almost immediately upon our arrival, we decided to go on another mystery van ride to Berlin, the city that inspired many inside jokes on our trip. There we played on a playground and just took some time to have some goofy-fun. It was then time to go back to our campsite, where we ate a delicious dinner and performed skits to pass the time before bed.

Day Four

Today was possibly the most fun day of the trip. After a ride back route 2, we pulled into the Rattle River Trailhead on the Appalachian Trail. After a few miles on trail, we came to a designated shelter, which marked one of my (Elizabeth Cook) favorite/secret swimming holes. On a trail that shoots off toward the river there is a waterfall that forms a natural waterslide into a deep pool of still water. At this point, there are a variety of spots to jump into the hole and enjoy the freezing waters of the mountain streams. The girls had a fantastic time playing in “Nature’s Waterpark” and every girl chose to go down the “waterslide.” We ate lunch and spent the majority of the afternoon at Rattle River before packing up to leave. Returning to camp we prepared a delicious dinner of stir-fry and rice, then packed up as much of our gear as we could for the next day’s departure.

Day Five

Having prepared the night before, pack up was quick and painless and we were on the road in less than two hours. We took a slight detour to view another secret swimming hole in Newry, Maine, but couldn’t stay long because of the other group swimming there. We drove through Augusta and stopped at Pat’s Pizza for lunch, where the girls were so well behaved (and probably exhausted) that the manager commented to me on how exceptional they were. Forty-five minutes later we were pulling into Wavus with our tunes cranked and smiles of accomplishment on our faces.

July 10- Hog Island

Our day to Hog Island was absolutely fantastic! We got up early to make our

lunches before breakfast, then enjoyed flag and breakfast at camp. At 9 we piled into the van and made it to Bremen and the Kieve Landing before 10. Ryan from Hog Island met us on the dock and ferried our belongings over while we readied ourselves for a quick kayak across the channel. When we got there, Ryan met us on the beach and we explored the Audubon room with examples of local wildlife and ecology. We then got back into the boats to explore the bay and a few of the islands nearby. Soon it was time to kayak back to Hog for lunch, where we took our time and played games in the beautiful weather. We had just enough time to walk around the peninsula of the island and complete a small nature-art activity before it was time to head back to camp. Before we left we took a quick dip in the ocean off the Hog Island dock, where with a little encouragement, every girl jumped in. The incoming tide practically pushed our kayaks to shore, and we put all our gear and boats away before head back to Wav. A short pit stop at J-Scoop ice cream ended a wonderful day trip.

Cherokee

HBC: Missy Harney

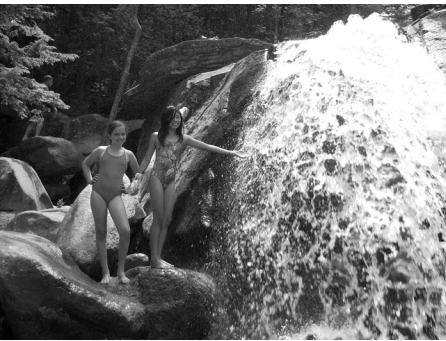
JC: Molly Underhill

JC: Hayley Bright

June 29-30- Damariscotta Lake

Due to bad weather, our Damariscotta over night was unfortunately unable to happen. So thinking on her feet, Sara Taylor came up with idea that we paddle to J Scoop and then camp on the point for the night. We started the trip around 9 AM from the sail docks, lunches and snacks packed, and began our adventure across the lake. Told to follow the shoreline until we reached

a stream, we paddled close to the edge until we decided to cut across a part of the lake in order to reduce the time. Seeing as we moved into the more exposed water, we were a little taken aback by the amount of wind and ended up rafting up by a small island and taking shelter from the wind. After taking a small rest, we continued our voyage to the other side of the lake. We ended up arriving at the dock by J Scoop around 11:15, and because J Scoop wasn't open until 12:30 we had a solid amount of time to eat. After eating sandwiches and gorp, we went and jumped off the bridge. Everyone jumped, despite being a little afraid of the drop down to the water. We swam around for a little while and then when it was around 12:30 we made our way over to J Scoop where everyone got an ice cream cone and sat in the shade to eat it. After we had all finished our treats, we made our way back to the boats where we cleaned up our things, packed up the canoes and made our way back to camp. The paddle back took a little more than an hour, much shorter than the way there because we were able to cut across most of the lake since the wind had died down. We arrived back to camp around 2:30, portaged our canoes back to the kayak dock. The plan was to camp at the point, so we packed up our over night stuff, including our food, tents, and cooking materials and made our way down to the point past the ropes course. We spent most of the afternoon lounging around the point, after setting up our tents and sleeping bags. Despite some troubles setting up their tent, Lila, Ellie, and Annie used their creative thinking skills and managed to make up for the parts of their tents that were damaged and not working properly.



That night we had rice, chicken, and vegetables, and after we had dined on that we made a fire and made s'mores. That night we got a great night sleep under the cloudless sky and when we woke up in the morning we had a quick breakfast of oatmeal. After we finished eating we packed up our belongings and went back to camp where we cleaned our gear and went back to the cabin to clean up. All in all, we had a great day of paddling, and our night on the point successfully prepared us for our trip by showing us what we had done correctly, and what still needed to be done.

July 3- Hog Island

Our day trip to Hog Island started with a quick van ride to Bremen after breakfast. Upon arrival, we ran into A.T Sea 1 as they ended the last leg of their kayaking trip, which was very exciting. We met Ryan, a Hog Island instructor, who introduced us to all the activities we would participate in throughout the day. After helping each other into our kayaks, we paddled out off the dock of the Snow Goose III and headed over to Hog. Isabelle was unable to kayak with us because the day before our trip she got seven stitches in her hand, so Ryan took her over in the motorboat to meet us on the other end of our half-hour kayaking jaunt. Not once did Izzy fail to smile, and she didn't complain once about not being able to swim with the rest of the cabin. Bennett stood out in our group because she seemed so comfortable and confident in her boat, which was helpful to some of the girls who were less experienced. We dragged our boats high up onto the rocky beach before learning a little bit about the area's history and what makes it so special. We did a

few activities that required us to be quite observant of our surroundings before spending a half hour in the island museum full of fun facts about Hog Island and its natural inhabitants. Izzy's interest in learning about her surroundings is so admirable, and her enthusiasm was impressive. Before lunch we were lucky enough to jump into the cold ocean from the wooden railings leading down to the dock. After lunch, we went on a nature trail led by Ryan. Ella, Darcy, and Effie all got extremely enthused and brave when Ryan showed us different types of flowers and plants that were edible – suddenly they wanted to try eating the entire forest! Ellie, Annie, and Lila loved finding sea snails and humming to them to coax the small creatures out of their spiraled shells. While walking, we stopped to learn about ecology and waded in tide pools, picking up trash as we found it to help keep Hog Island as clean of a sanctuary as possible. We learned more about the importance of 'Leave No Trace' and were given opportunities to practice it. Merrill was particularly conscientious about picking up litter that she came across over the course of the day, as was Kate. It was so much fun to be able to explore a new place as a group, and a great way for the girls to get a little bit more comfortable on a hiking trail before our big trip to the White Mountains. After our 2.5 miles on the trail we loaded back into our kayaks and paddled back to the Snow Goose dock to head back to Wavus at the end of a very successful and confidence-building trip.

July 5-9- White Mountains

Day 1

Cherokee was well prepared this morning, getting ready for our exciting

trip to New Hampshire's White Mountains National Forest. It was a beautiful sunny day to travel the three-hour long van ride to Dolly Copp Campground. When we arrived at our campsite, we promptly set up our new home for the next five days. We then, immediately wanted to explore the beautiful area around Mt. Washington. It was a hot and humid day, so we found a local swimming hole in a cold stream in which to cool off. We couldn't stop talking all afternoon about how excited we were to hike Mt. Washington in the morning. We were a determined group and had our minds set on summiting. We ate a hearty meal of burritos for dinner and learned the proper way to dispose and clean our kitchen area. This is an important practice of the leave no trace principles and also a help to keep animals out of our campsite. We ended our night sitting in a group circle with each of us individually talking about our day and our future goals for the trip.

Day 2

It's 5:50 in the morning just as we have a wake up call and have to start to prepare breakfast. Today is going to be a long day, for today our goal is to summit Mt. Washington. After early morning wake-up call, we sat down to eat bagels with cream cheese and jelly. After our yummy breakfast, we set off on our long journey ahead of us. Once we began, we were on a trail in the forest. As we got higher, the trees began to fade away. More and more, the ground became rockier and steeper. Once we reached Lions Head, which was three quarters to the top, the wind got strong and it became cool. As we got closer to the top, there were many more obstacles. When the summit was within eyeshot, we knew

we had accomplished our goal. When we actually reached the summit, we ate a greatly earned lunch. We were going to go down to the bottom leisurely, until the ranger informed us that thunderstorms were on the way. That's when we decided to pick up our pace. When we reached the tree line we were relieved to know that the bottom was close. We chose to take a break just as the storms began. That was a sign to get our rain gear on and to begin our journey through the trees and back to the bottom. The closer we got to the bottom, the harder it rained. Once we crossed the first bridge, we rejoiced and ran to the warm and dry van. Once we got back to the campsite, we had a nice pasta dinner. There were so many leftovers and we wanted to LNT, so we decided to bring them to the hungry Kieve boys. Then we fell asleep, tired as ever.

Day 3

We took it very easy today. We woke up around 9:30 feeling as sore as ever. For breakfast we had rewarding m&m pancakes. Later, we took a very long drive and hiked a very short trail to reach Emerald Pools. We jumped off a big rock into the water and had a blast playing cards by the water. After we had lost some energy, we came back and had some very yummy burgers. After we finished, everyone was excited to have s'mores with Kieve and enjoyed sitting around the campfire getting to know each other. This day was very relaxing.

Day 4

Today was a lot like yesterday. We got to sleep in again, although not as late. When we woke up, our amazing and fantastic counselors were already preparing breakfast. Breakfast was many different flavors of oatmeal.

It was really good! Then we washed our bowls and had hot cocoa. It was amazing! After breakfast we piled into the van and left to Diana's Baths. On the way, as we were jamming to music, out of nowhere a black bear cub crossed the road. For many of us, it was our first bear. When we got our minds off of it, we arrived at Diana's Baths. Diana's Baths was a nice hike to a natural water park. When we first arrived we had a picnic lunch with pepperoni, cheddar cheese and pita. Then we explored the many waterfalls and played on the different levels of rock. Later that night after a yummy meal of grilled cheese and tomato soup, we curled up in our sleeping bags to sleep.

Day 5

Today was our last day, so we got up and packed our tents. After our chores of packing everything up and loading it into the trailer, we had a nice warm bowl of oatmeal with fruit. We decided we were going to eat lunch at Johnny Rockets in Freeport. While we waited for our table, we went to L.L. Bean to see the big boot and the giant backpack. We explored inside a fish tank and saw many tripping items. We then got the call of an available table and eagerly ran to Johnny Rockets. After our meal, we tied balloons around our wrist so we could keep track of everybody. We stopped a minute to watch a live band play in a promenade area. On our way home back to camp, we stopped for a refreshing and rewarding scoop of ice cream. When we finally finished our journey and returned to Wavus, we were welcome back by the girls with a relaxing evening activity of a drive-in movie.

Narragansett

HBC: Lauren Page

JC: Julia Welter

JC: Christine Reighley

June 24-28 - White Mountains

Day 1

We departed camp a little after 9:00 AM and set out for our big hiking trip to the White Mountains. The drive was about four hours and was filled with various games, sing-alongs, and naps. The forecast predicted rain, so we set up our tents as soon as we arrived at camp around 3:00 PM. Once we were all settled in, we began a game of camouflage, a mix between hide and go seek and tag, that ended up lasting for a couple hours. While the girls could of kept playing through the night, we had to pause for a dinner break. The girls were divided by their tent groups into a cooking group, cleaning group, and fire-starting group. We grilled some chicken patties for dinner and scrambled brownies for dessert. After dinner, the girls prepared skits and preformed them around the campfire. With anticipation for the days ahead, we ended the night early.

Day 2

Because our big trip was scheduled before we had time to do any primer trips, we decided to spend our first day of hiking on a trail that was less technically challenging. The Imp trail is a six and a half mile scenic loop with a view overlooking some of the Presidential mountains. It was both very beautiful and extremely rewarding, especially for the girls. They all helped each other when the trail became slippery or steep. It involved many river crossings in which the girls lent out a hand to help each other cross safely. It was really exciting to see some

of the quieter girls coming out of their shell and guiding one another. We ate sandwiches on the side of the trail and took various water breaks along the way. After hiking, we returned back to camp with ten exhausted girls. We made pizza pockets out of pita bread, which the girls fell in love with and couldn't eat enough. The girls prepared more skits again and we all enjoyed those around the campfire with some s'mores. We had another early night to prepare for the big day ahead, hiking Mt. Washington.

Day 3

Early to bed, early to rise, makes a (wo)man healthy, wealthy, and wise. We fueled the girls with some oatmeal, and then set off for the day before 6:00 AM. We had a determined crew that was ready to summit the highest peak in New England. The hike up began following a stream, but quickly moved into a deep emerald forest. As we rose in elevation, the trees became smaller and sparser and we began bouldering up rocks. We had a setback, as one of the girl's previous knee injury became more painful, the clouds got thicker and the weather started to change for the worst. We made it to the summit Lion's Head, but after talking to some hikers that were returning from the summit, they advised us that it would best if we enjoy the view from there and then turn back down. The White Mountains are known for having unpredictable weather and we didn't want to get stuck in a sticky situation. We made it down the mountain with time to spare so as we were driving back we stopped along the river and jumped in. The girls had an awesome time and it was a nice way to refresh and cool off. When we got back at the campsite, we quickly started dinner

because the kids were hungry. Once the water was boiling, we threw some pasta in and enjoyed a lovely Italian dinner. The girls were pretty tired, again, so we played around for a short while, then curled up in our tents.

Day 4

As the trip began to wind down and our big day of hiking was now behind us, we headed to the other side of the White Mountains where we would enjoy a scenic hike up Mt. Jefferson. Unfortunately, one camper's knee was still acting up, so she stopped the HBC while the rest of the group continued to climb. The rest of the girls were very worried about their friend, but were excited to see the view. We didn't make it to the summit because we felt uncomfortable being apart from their peer and counselor. The view, however, was spectacular. It overlooked the surrounding valley and some other mountains in the range. This was a quicker hike so we headed off to the Emerald Pools, the swimming hole we found the day before, and splashed around for a few hours. For dinner, we created the Kieve-Wavus famous dinner that is called "dank." This filled up the girls instantly. We made some scramble cookies and enjoyed the fire until it got dark. We organized our stuff and then headed off to bed.

Day 5

The girls were all excited about getting back to Wavus so packed up camp very efficiently after breakfast and we were on the road by 9:00 AM.

July 8-9 - Damariscotta Lake

We woke up at our usual time and attended flag and breakfast: however this was no usual day because after breakfast we started our trek to Punk Point campsite. The weather was on



our side for the two days because it was sunny yet had a nice breeze to help keep the mosquitoes and black flies away. Many of the girls had never been in a canoe before however they all had taken a canoe clinic and knew the basics of paddling. The paddle over was very fast with a great learning experience because we learned that staying to shore will be less windy and that crossing in open water can be tricky. While looking for the campsite we came across three which could be the Punk Point Campsite and after picking one and setting up tents, we realized that it was the wrong site. We determined this when we noticed extra life jackets that did not say Wavus and instead said someone's last name. So we picked up our tents and walked over to the next site which we determined was the right one because of the ash marks on the bricks saying "Kieve." The paddle over only took about two and a half hours so we arrived pretty early and decided to go in the canoes and jump off them. After swimming we cooked some mac and cheese with pepperoni and carrots for dinner with a sweet camp fire to keep warm and the bugs away. After cleaning up after dinner, we roasted smores over the fire and the campers put on skits for everybody. Then we put everyone to bed pretty early because it had been a long day. In the morning we had oatmeal for breakfast and started to pack up our tents and clean up. the clouds were looking a little dark so we decided to not waste time in case a storm was coming so we started paddling over right away. The paddle back we had pretty hard head winds and then the water started getting choppy but we still made it back in about two hours. Fortunately the clouds just floated

over and it turned out to be a sunny day so we decided to take the girls to the bridge near J-Scoop to go bridge jumping into the water. The girls had a blast and we were there for over an hour then we went to J-Scoop after, congratulating them on paddling so well the past two days.

Ojibway

HBC: Carly Shea

JC: Charlotte Perkins

JC: Eden Walsh

June 27-29 - Bigelow Mountains

Day 1

After having a delicious breakfast at Wav we packed up some lunch, loaded our gear and hit the road. It took us almost two hours to reach our campsite in the Bigelows but we were in no rush because the drive up is so beautiful. Once we reached our campsite we unloaded and set up camp. After we set the tents and everything else up we took the girls to the lake at our site and let them go exploring. One of the girls found a crayfish, which charlotte licked as a joke! We came back from the lake and made some dinner and just relaxed by the fire and hit the hay because we had a full day of hiking ahead of us in the morning.

Day 2

We woke in the morning and made some amazing eggs with veggies and cheese in them. The girls really liked it. We then got ready and headed at and meet Mr. Kennedy at his house on Sugarloaf where he took us to where we would be hiking that day. The mountain that we tackled was called Burnt Mountain. It was an awesome hike and the girls did amazing. When we reached the top after three or so hours of hiking they screamed with joy

and had this feeling of accomplishment. We packed a lunch so when we made it to the top we ate some grub and just enjoyed the scenery. After hanging out at the top a little longer we headed back down and then headed back to our campsite where we made dinner for the second time.

Day 3

This morning we woke up early, made some breakfast, packed up camp, loaded the trailer up and made our way to Rangeley to do our second day of hiking. On our drive to Rangeley we spotted two moose, which for some of the kids was their first time ever seeing a moose and they were completely blown away by it. As a family we started our hike around 10am and made it to the top of Bald Mountain before lunch. The view from the top was beautiful. You could see all of the Rangeley Lake Regions and beyond. After hiking that day we stopped at a popular waterfall in western Maine called Smalls Falls where we ate some lunch and took the girls swimming. It was such a great time and one that we will never forget. After lunch we all got back into the van and made the two-hour drive back to Wavus just in time for dinner. Great trip accomplished by Ojibway.

July 5-10- St. Croix

Day 1

Well today we woke up at 5am and started our six day journey that we would never forget. We arrived at our put in around 11am, unloaded our gear and canoes and took off on 60+ mile canoe trip. On the first day we are suppose to stop 2 miles downriver but since we have a power house for campers we went the extra 5 miles and almost made it to our next days

destination in the first day. We spent the night on Squatters Point where we made homemade pita pizza and veggies with smorses and a fire.

Day 2

Today we woke up at 6:30am and started packing up camp, had some breakfast and started our day. Both yesterday and today we have been blessed with this beautiful weather. We left Squatters Point and made it all the way to our first portage in Vanceboro. We got some help carrying our gear and our canoes from one of the local people of the town, which was awesome. Tonight we are staying at the campsite at the head of the river where for the rest of our trip we will be river paddling rather than lake paddling which is what we have been doing for the past two days.

Day 3

Today was the first day of our river paddling which we were so excited for because it meant different scenery. The St. Croix was absolutely beautiful and such a challenge at the same time. We paddled down river about nine miles to our next campsite, Little Falls, where we did our second portage. This time instead of portaging our gear and canoes we just portaged our gear and ran the six canoes down the class three rapids to the portage site. The girls loved it because two by two they sat in the middle of the canoe and road the rapids with the counselors. I think that was the best day for us because of the beauty and the experience of running the class three rapids.

Day 4

Well, this morning we woke up at 7 a.m. Around 8 this morning Jonathan from the St. Croix international watershed commission came and talked to the girls about the river and



the history of it. I think the girls really liked to hear about the river they were canoeing on. After Jonathan left we headed out on our next journey to our next campsite, which was 10 or so miles away. On our travels we came across some little class one rapid, which the girls did a great job on. Towards the end of that day's journey we had to do our last portage at Canoose Ledges which is a class three rapid. As at Little Falls we portaged our gear and the counselors ran the six canoes down the ledges so that it would be easier then carrying the canoes through the woods. The girls loved to watch the counselors take the canoes down the river six times. That night we stayed at Annapurna and made delicious quesadillas.

Day 5

This morning we started a little later due to the only rain we got while on this trip. Throughout our trip we have always been ahead of schedule, which the girls were really proud of, and so were we. Since we were ahead of schedule we made it to our finish sport a day early. Man oh man were we so excited to have done that! The paddling that day was the best because we all took the time to appreciate the nature and the trip that we had all just accomplished. When we arrived at Grand Falls we unloaded our gear and got things ready to head back to camp the next morning. That night we made chicken, rice, and veggies that were absolutely delicious. After dinner we got the girls ready for bed, talked to them about the trip and what they liked and didn't like about it and sent them to bed.

Day 6

The morning we woke up and packed up camp for the last time and patiently waited to get picked up to head back to Wavus. When Sigrid arrived we all jumped up and down screaming so excitement because we were going home. We loaded up the canoe trailer and the vans in record time and head back to camp. Our trip was absolutely amazing and we will never forget about it. We shared many laughs and sung many songs together and it was the best. We will "FOREVER" remember our St. Croix Ojibway trip.

July 2- Snowgoose

The morning before our trip to the Snowgoose we made lunch as a cabin and left around 9 after a delicious breakfast at Wavus of blueberries and yogurt. We drove to the Kieve landing in Bremen and waited for Captain Bill and Troy. We put lots and lots of sunscreen on, got on our life preservers and loaded the Snowgoose. Captain Bill first took us around an old shipwreck to show the girls and then we proceeded through Musgungous Bay. We pulled a few traps and each girl got to hold a lobster! We also got to go fishing and everyone caught at least one fish, which was very exciting. At noon we anchored and had our sandwiches. Then Captain Bill gave us permission to jump off the top of the boat, so we all took turns jumping into the icy cold water. It was a beautiful day for a boat right, and after lunch we headed back to the landing. We got back around three, very satisfied with how our trip went. Everything worked out as planned and all the girls had smiling faces the entire day.

Omaha

HBC: Alex Danz

JC: Bailey Sitz

JC: Marge Tucker

June 23-25 - Bigelow Mountains

Day 1 -EMILIE CRAIG

We woke up in the morning to cold and wet weather. After breakfast at camp, we got our stuff and packed it in the van. The ride was 3 hours long. On the way, we got a little lost, but finally got there! Once we got to the campsite we had sandwiches and played "mafia". After we set up the tarp, the counselors made cheeseburgers with avocado...soooo good! After a change of campsites we made S'MORES and went to sleep.

Day 2 -ISABEL CANNING

We woke up and had strawberry yogurt with raspberries, blueberries and granola for breakfast. Then we walked out of the campsite half asleep headed down to the Bigelow Mountain trailhead and got started for our hike on the Appalachian Trail. After countless water and GORP breaks, we made it to the top! We were in a cloud and it was very windy so we huddled together like penguins. For lunch we had peanut butter and jelly. Then we came down the mountain and played the card game B.S. while it rained outside.

Day 3- ANNA MORSE

Today we woke up to a breakfast of egg sandwiches. After we packed up all of our bags and tents, we drove over to Burnt Mountain, next to Sugarloaf. We started hiking up rocks and ledges, and got very wet. It had rained the night before, so when we got back to the van 4 hours later, we were all very smelly and muddy. Then we drove the 3 hours back to Wavus, after 3 days of fun, exhausted.

June 29-July 4- St Croix

Day 1- CAROLINE JESSUP

Today we woke up early and finished packing up the van. Then we started the long drive. Most of us slept, but some stayed up talking and playing around while Joe drove us. We made several restroom stops, but finally made it to the lake. Joe helped us unload the canoes and all of our bags. Then we got our assigned canoe partners and split up all of the cabin gear. Finally, we put all of the canoes in the water and started to our campsite. We canoed for about an hour and a half before making it to Birch Island, our campsite for the night. When we got to our campsite we set up our gear, ate lunch and played around. Soon it started to rain and we all got in our tents for dinner and bed. It was a fun day!

Day 2-SABRINA SOROS

We woke up this morning at 4:30 so that we could beat the wind. We were ready quickly, and we were soon canoeing! Today was our first day of seeing Canada as it was on the other side of the river! The water was calm, so it only took about 5 hours to get to our campsite. As soon as we set up camp, we changed into our swimsuits and ran into the water. Unfortunately, we had to get out after finding 2 leeches that even after sprinkling salt on them and crushing them with rocks, would not die. Afterwards, we played games, napped, and read for a few hours, and then we stopped for dinnertime. For dinner we had sweet and sour chicken with rice and veggies in a sun dried tomato wrap, and for dessert we had mixed berries. We ended the day in our tents for a good night's sleep, ready for the adventures of tomorrow.

Day 3- HANNAH JONES

We woke up at 4:30 am. We then

went into the St. Croix River. This was our first day of white water. We partnered up then started paddling. We started with calm water then later we got into bigger rapids. For the day we went into 10 rips. When we got to our site we portaged to the farthest campsite at Little Falls. For lunch we had PB&J. After we set our tents up we put our bathing suits on and went swimming. After swimming we started to make dinner, steak and rice stir-fry in wraps. After our delicious dinner we had cinnamon and brown sugar apples roasted on a fire. We were asleep by 8 pm.

Day 4- ELIZA DENIOUS

Today we woke up around 4:30 and got right on the water. We traveled about ten miles on the St. Croix. We also went over lots of rapids. One of them was ½ a mile long! Not many people got stuck but a couple of people crashed into some rocks. Everyone got through the rips, and we made it to the site around 10 am. Once we were on land at Loon Bay campsite, we set up our tents, had lunch and went swimming. We had pepperoni and cheese or PB&J on a pita. Emilie went fishing and caught a fish, but it took her lure. Then we just relaxed and read. When dinnertime came we boiled water for pasta and melted cheese on top to make mac & cheese. It was delicious! After dinner Isabel made an awesome fire and we roasted marshmallows. Today was super fun and we all had a great time.

Day 5- KATHERINE VON WEISE

Today we woke up at 5 am, which was awesome because it was half an hour later than we normally do. We then packed up our tents, had a luna bar for breakfast, and started to canoe. We paddled for about a half an hour

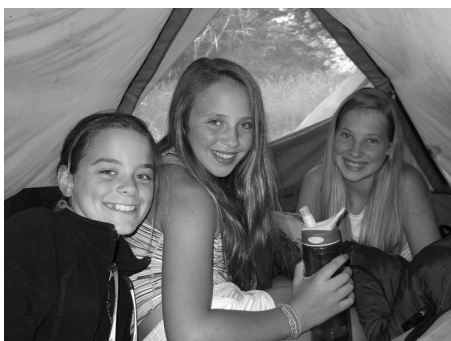
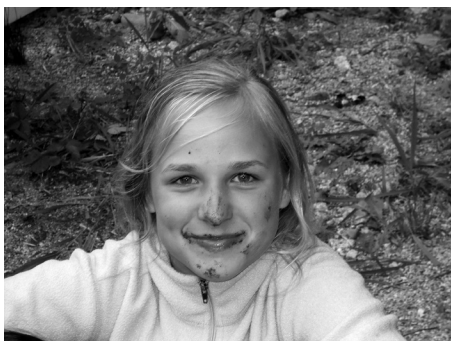
on calm water and then came up to Canoose Ledges, a class three rapid that we portaged around. After the portage we paddled through rapids. Then we paddled through a little more of calm water until some strong winds came. It was a little hard to paddle so it took a little while longer to get to the campsite. When we got to the campsite we made PB&J sandwiches for our lunch. We then read and swam for a while and hung out until dinner. For dinner we had spaghetti and red sauce with oranges for dessert.

Day 6- KATHERINE JESSUP

Today we woke up at 4:30 am. We got up and packed our tents and dry bags. Then we loaded our canoes, ate granola bars for breakfast, and left. We paddled hard down the river for about a half hour before we realized we didn't have the tents! We stopped paddling and Alex and Marge went back to get them. After an hour, they were back with the tent so we put them in the boats and continued paddling. We traveled 2 miles then stopped and pulled our boats out of the water. We had lunch near Grand Falls. Then "The One" picked us up and it was onto Olive Garden. A couple of hours later we stopped at J-Scoop. When we returned to camp we blasted the music in the van and cheered! We played capture the flag for EA and slept in our comfortable beds!

July 11- Snowgoose BRIA SLOBODNIK

Today we woke up at our normal time, got ready and went to flag and breakfast. After our delicious breakfast, we all hopped onto the van and drove off to the Snow Goose. When we got there the first thing we did was get our life vests (safety first ☺). After we



had our life vests securely buckled we got onto our boat and started our adventure. We started off with introducing ourselves, and the captains explained what the game plan for today was. As we got a little bit into our boat ride we saw SEALS! We all agreed that they were ah-adorable! After that we started fishing and we caught so many! Then we had lunch. We had peanut butter and jelly sandwiches on white bread with TONS of snacks. We had quite the variety: oranges, apples, cheese sticks, Chex Mix, and nature valley bars...we were stuffed! After our feast we swam in the legit freezing water. We jumped off the boat and took action shots of each other. Eliza jumped off the most. Our cabin also broke the record of staying in the water the longest. The record was broken by Anna Morse and Emilie Craig, they stayed in for 47 minutes! I couldn't even stay in for 2 minutes. After that we finished a little more and then we played with lobsters, docked the boat, got ice cream from J-scoop, and came back to Wavus. Our day on the Snow Goose was so much fun!

July 6- Hog Island **MOLLY WEEGAR**

We left after breakfast to Hog around ten o'clock. Helena drove us. When we got there we got the kayaks and the life vests. We paddled around Crow Island then we had a pit stop at the Crouch Island. Then we paddled by some JK's/ we got to Hog and ate sandwiches and animal crackers. We went on a short walk about the peninsula. After that we munched on apples and we jumped off the deck. We left Hog Island around 2:30. We paddled back to the dock, switched the flags and waited for Joe to pick us up.

Shawnee

HBC: Kate Adair

JC: Alexa Fiszer

JC: Claire Hirschberg

June 25-26- Hog Island

After another great Wavus breakfast Shawnee cabin piled into the van and headed off to Bremen Landing. The Snowgoose boat took us over to Hog Island. A steady rain had begun to fall but that didn't get our cabin down! We set up camp in the Fish House and practiced setting up tents. We spent all night telling stories and jokes and singing songs. We had hamburgers for dinner followed by s'mores around the fire.

In the morning we woke up early to pack our tents and eat bagels. The rain had let up so Ryan, the Hog Island Educator, led us on a hike around the island. We spent hours playing in the tide pools and in the ocean. After a quick swim we loaded the van and headed back to Wavus.

June 29-July 4 - Baxter State Park **Day 1**

After making our lunch at Wavus, the Shawnee girls packed into the van and headed off to Baxter State Park! We arrived in the late afternoon to our campsite at Foster Field. We unpacked the trailer and set up our tents. By the time we were finished it was time to start cooking dinner. We had "Pita Burritos" and the girls helped chop tomatoes and avocados. The girls did skits of "Counselor Impressions" and had a lot of fun. After dinner we made a fire and had s'mores. The sun went down and we got into our tents for the night. A rainstorm began right after we got into our tents - perfect timing!

Day 2

We woke early and had oatmeal for breakfast. Our plan was to hike South Turner Mountain so we got into the vans and drove to the other side of Baxter State Park. It was a beautiful day for a hike. We stayed together as a group and made it up some very steep inclines. We broke tree line and had a rocky climb to the finish. As we reached the summit we all put on our crazy hats to take a picture with the summit sign. A Kieve group was also there and we all ate lunch together. Tired but happy to have reached the top, we set back down the mountain. That night we had burgers for dinner. A rainstorm came early and we headed to our tents for the night.

Day 3

We woke early again and had a nice breakfast of M&M pancakes! Ranger Bill came to check in with us and we were happy to offer him a few of our pancakes! Ranger Bill said that we should go to the natural waterslides so we put on our bathing suits and set off for Ledge Falls. It was a beautiful spot and we hung out all day on the rocks and sliding down the slides. Everyone had a great time swimming. We played a huge game of "Mafia" with our Kieve friends and then cooked dinner right alongside the river. Dinner tonight was "Pita Pizzas" which became a camper and counselor favorite! We went back to the campsite and went to bed early to rest up for Katahdin!

Day 4

KATAHDIN! We woke up around 4:30 am and hit the Appalachian Trail by 5:30. The sun was rising but we were glad to beat the heat for the first part of our hike. We made great time in the first two miles, winding through the woods. We broke tree line

and prepared ourselves for the long bouldering section. We reached one peak but were faced with the steepest bouldering portion right after. We all made it up and then set off across the plateau for the summit. Fog was rolling in but we could still see spectacular views. Finally, we reached the summit! Everyone was so excited and we enjoyed a well-deserved lunch at the top. We were also able to witness a thru-hiker finish his AT journey! The girls all gave him high fives. After lunch we took Chimney Trail back down the mountain. We were all so tired but excited to have reached the top of the highest mountain in Maine! Our Kieve friends came over that night to cook dinner. We ate grilled cheese and tomato soup. We made a campfire and everyone sat around and told jokes.

Day 5

Today we slept in! After breakfast we set off to do the Kidney Pond trail. It was a short hike but felt good to stretch out after yesterday's climb. After Kidney Pond, we went back to Foster Field to put on our bathing suits. We drove to Abol Beach and were so happy to get in the water and wash off some of the Katahdin dirt! That night we had yummy pasta and made scrambled brownies with dessert.

Day 6

We woke up around 2 a.m. and set off for Burnt Mountain at the northern tip of Baxter. Everyone was very tired but we wanted to reach the summit in time to see the sunrise. We walked through the woods with our headlamps on following the blue swatches on the trail. We made it to the summit by sunrise! It was foggy so our view was not perfect, but it was a great time to hang out together and reflect on all that



we had accomplished. We had bagels on the summit and then lit sparklers for the 4th of July. We drove back to the campsite and set off for Wavus around 10am. After a stop at J-Scoop for ice cream, we rolled into the Wav and were greeted by tons of excited campers and counselors!

At Sea I

HBC: Frances Robinson

JC: Claire Lupo

JC: Amy Davis

June 26 - Day Hike

A.T. Sea I went on a hike today to get us mentally ready for trip. We chose to use our overnight packs to give us a sense of the size and weight of what we would be carrying on trip. Kieve recently created a new nature trail around their hilly property. After lunch of peanut butter and jelly sandwiches, we hiked the three-mile trail, stopping at a natural boulder garden at the top of a wooded hill.

June 29-July 9 At Sea

Day 1- Hog Island

Today A.T. Sea I set out for the first leg, the kayaking portion, of a 12-day trip. After a night of last minute preparations and jitters, we pulled into the Bremen landing ready for the high Atlantic seas. The girls filled their sea kayaks and with personal and group gear and carefully entered their boats. Many land legs had trouble adjusting to the rocky, unstable boats- but we were able to leave the shore with no flips! We paddled around the harbor and camped on Hog Island and grilled some beef and veggie burgers. We all drifted off to sleep to the sounds of the waves and the gulls and the snores of our fellow tent buddies.

Day 2- Thief Island

Our first full day "on trip". We woke up with the sun and got the day started by disassembling tents and scrambling eggs from a carton. Following breakfast, the girls all practiced emergency evacuations from the sea kayaks. The girls flipped their kayaks, pulled off their spray skirts and swam to the surface of the water. Because of the shockingly low temperature water, the girls put in extra effort to climb back into their kayaks and get to shore. We ate lunch on Hog and then set off for Thief. We hugged the Hog Island shore and stayed clear of the buoys. Thief's campsite sits right on a sharp peninsula, which overlooks the entire Bay. We had a filling dinner of beans, rice, and vegetables, and watched a colorful sunset, then called it a night.

Day 3-Exploration Day to Cranberry Island for Lunch

The tides have been more than dramatic. It has surprised me every high and low with the flooding and drainage of the salt water against the shore. We had to pull our kayaks up several times during the night to avoid them drifting out to sea- note for future groups: pull the Yaks all the way onto the grassy parts, no sense in risking losing everything. We decided that we were going to spend another night at Thief and use the day to explore the satellite islands surrounding it. We paddled on the breakwater to Cranberry Island and felt the strength of the Atlantic. Porpoises swam close to our boats-which made some nervous, others excited, and a large group of seals sunbathing on the rocks. We spent the day climbing huge rock surfaces and eating our salty food. We returned to Thief and crashed on our sleeping pads after a true day at sea.

Day 4- Sunrise Paddle to Ames Island

We listened to the “magical box of modernity” (the weather radio), and heard that today was supposed to be beautiful. As counselors, being the only ones wearing watches, we decided that we could handle a sunrise paddle. This meant getting up at 3:45 a.m. in order to be on the water when the sun rose over the horizon. We woke the girls up, took apart our tents and hit the water just after the sun had lifted. It was a beautiful paddle to Ames Island. Being a Sunday, no fishermen we had the water to ourselves. We arrived at Ames around 10 a.m. and cooked up some delicious cinnamon buns on the rock. (They were easy and fun to make fyi to all outdoor chefs.) This was also an exciting day for the group because we were able to resupply our fresh water. We had been carrying around three dramameters with fresh water in them for three days and it was comforting to know that we could restock this vital resource today.

Day 5- Bremen Dock and Hog Island

We had a long paddle today back to Bremen today. The tail wind was stronger then our steering and consistently turned us into the wind, and away from the shore. It was difficult to fight off and in no time, each boat had developed their own coping methods- two strokes on the left, for every one on the right; one hard left stroke one light right stroke- I heard each boat discuss how they were going to cope with this obstacle.

When we arrived to Bremen, we cleaned and de-beachfled all the kayaks. Some girls informed the counselors that they had found ticks on various parts of their body, so we also ran a tick check. In doing so, we checked

their heads, and though we found very few ticks, we found out that many of the girls we instead carrying lice. My mind raced with how we were going to address this one- was the trip going to be put on hold? Was it possible to clean all our gear in time to leave for the Bigelows the next morning? Lice treatment was delivered to us and we shampooed all the girls at Bremen and then were boated over to Hog Island to take hot showers and comb out our hair. We had a warm dinner of tomato rice and grilled pita bread and then curled up next to the fire in the fish house to sleep.

Day 6- Resupply to the Bigelow Mountains

We woke up at 4 am and packed up our stuff on Hog Island. Frances then boated us to Bremen where we ate breakfast and were picked up by Sara Taylor. We then drove about 3 hours to meet A.T. Sea II at the base of the Bigelow Mountains. After sharing stories with the other group and packing our backpacks, we started our 4.2-mile hike up to Horn's Pond Lean-to at around 3 p.m. Because it was our first day on trail, we took a while and arrived at the campsite at 7 p.m. After a delicious dinner of pizza bagels, we collapsed into our tents after a long, tough day.

-Honor Paine

Day 7- Horns Pond Lean to Avery Memorial Campsite

We woke up after a well-deserved rest at Horns Pond Lean To, and after filling up our water bottles, we started on our hike up West Peak and to Avery Memorial Campsite. On our way to West Peak, we summited South Horn and made a 0.1 mile detour without our packs to look at an amazing view from North Horn. The hike after passing South Horn before ascending West Peak



was mostly flat and we stopped for a lunch of turkey and cheese sandwiches at a clearing. The ascent to West Peak included challenging sections of boulder climbing, but the exposed summit gave us incredible views of the surrounding peaks and lakes, and all the girls felt their hard work was well worth it. We reached Avery Memorial Campsite at 4:00, which sits in the valley between West Peak and Avery Peak. This campsite was rumored to have low water supply, but Helena told us about a hard-to-find water supply and we had plenty of water. We made dinner of chicken patties and spent the rest of the night laying in the hammock, dancing, and laughing. After securing a squirrel hang, we retired early to prepare ourselves for a sunrise hike to Avery Memorial Peak the next day.

Day 8- Sunrise Hike up Avery Peak

We woke up at early, 4 a.m, for a sunrise hike. We hiked about .4 miles up Avery Peak and found a fresh water source on the way. We chilled at the top and took many fantastic photos. It was, as I would say, Cameratastic!!! I hope you enjoy the pictures on the website- I think many are worthy of the Wavus brochure. We then hiked a little more than two miles down to the campsite. We took a couple viewpoint detours. We were definitely worth the walk- amazing views. We got to the campsite, set up camp, filled and polar purged water, and hung out. We had most of the day to sleep, talk, write letters and read. We then got water for dinner and wood for the fire and joked around a lot. We then ate a dinner of pasta with peanut butter, onion, and soy sauce on it. It's called Gado Gado. It started to pour. We rushed back to our tents just as the storm was passing over us. We scream our heads off at

every flash of lightning then BOOM. No fire tonight.

Good night trip notes.

- Abby Tanen

Day 9- Safford Campsite to Little Bigelow Lean-to

We woke up enthused to find that our squirrel was successful, but ready for a day of struggle: 5 miles of up and down to Little Bigelow Lean-to. We ate some oatmeal and hit the trail at 7:45. The cheerful conversation and beautiful day helped keep spirits high and off the challenging trail. Before we knew it, it was lunchtime and we were over half way done with the hike. We wrapped tuna and cheddar cheese in tortillas and ate on the top of Little Bigelow- another incredible view.

We continued on our way and arrived at the site at 3 p.m. At the site, there were "tubs" that all the girls bathed in. The cold water and the opportunity to rinse our dirty selves made for happy campers. We made dinner of chicken stir fry with rice and vegetables, and then made delicious s'mores over a campfire.

Day 10- Little Bigelow Lean-to to West Carry Pond Lean-to

We woke up around 6:00, ate a granola bar and refilled our water, and started on our hike to West Carry Pond Lean To. We hiked 7.1 miles over Roundtop Mountain and otherwise flat, forested land. It was not a very difficult hike, but it was our longest hike of the trip. After stopping at a clearing for peanut butter and jelly pitas, we continued to our campsite in an impressive total time of 4 hours and 30 minutes. After we arrived, some of the girls went swimming in West Carry Pond to cool and clean off. After relaxing for a few hours we finished off our food and made Macaroni and

cheese for dinner and cinnamon pitas for dessert. We then went down to the water and debriefed about the trip as a cabin. It was truly a happy and bonding experience to discuss the highs, lows, and funny memories of the trip.

Day 11- West Carry Pond Lean -To to Main Logging Road Pickup/Bremen

Today we woke up at 6:00 to thunder and showers so we decided to sleep in another hour until the weather cleared. We collected the group and personal gear we had left and started on our 5.8 mile hike to our pick up destination of the Main Logging Road with light packs. We were making really good time decided to stop cool our feet in a pond with sandy beaches. We reached the Main Logging Road for pick up at 11:30 with energy and satisfaction from the last five days of hiking and hung out and relaxed until the van pulled up to take us to Bremen Dock. We all jumped in the ocean at Bremen to cool off and then had a delicious steak and salad dinner with the Directors and the other A.T. Sea II group. We spent the night in tents at Bremen and got ready to return to Wavus the next day.

Day 12- Return to Wavus

We woke up slowly today and had a delicious breakfast of bagels, doughnuts, and Nutella with A.T. II. After planning our entrance in coordination to A.T. Sea II, we packed up our gear from Bremen and left for Wavus. We entered with a "battle scene" – woodsy A.T. Sea I against water-drenched and salty A.T. Sea II. It was fun and festive and a great end to an exciting and rewarding trip!

At Sea II

HBC: Mads Sneedeen

JC: Krista Cote

JC: Holly Seamans

June 25- Day Hike

Since our hiking primer to Camden was rained out, we decided to break in our new hiking boots with a nice walk on Kieve's nature trail. We enjoyed walking along the lake and then winding back into the woods and finding ourselves out by the BMT (Big Metal Thing). Everyone was surprised by how comfortable our hiking boots were and we all got very excited for our backpacking trip in the Bigelow Mountains! We practiced singing and cheering each other up and down the mountains. On our way back to Wavus we stopped at Round Top for ice cream and discussed our coming trip.

June 29-July 9- At Sea

Day 1

We started off by waking up early at camp and eating before everyone else was awake. We took a while packing up our backpacks, but we soon hit the road. We got dropped off 3 hours later at the trailhead on a logging road, where we had lunch. We had P.B.J. The first day was very hard, but the first day is always the hardest. It was really buggy and some bugs went in my mouth, it was really gross. When we got to West Carry Pond campsite we set up our tents, washed our legs, and filled our water bottles in the lake. After we ate our dinner (hamburgers) in the lean-to we got our tent groups and went quickly to bed because we were all so tired.

-Ferdie

Day Two

Today we woke up at 5:00. Next, we had bagels for breakfast and then we

packed all of our stuff. We hiked 7.5 miles, it was tiring but rewarding. Later, Shelby and Claudia were evacuated but we will see them later on the trip. For lunch we had English muffins with peanut butter and jelly then we hiked to our campsite. Once we got there we had Quesadillas for dinner then we tried to make hot chocolate but the water wouldn't boil. Tomorrow we are going to hike 2.5 miles so, that will be fun.

-Mac

Day 3

After sleeping in until 8:00 we hit the trail for a hard 2.5 miles. At about 12:30 we hit the peak. The view was amazing. After lunch we cooled off in the rain. Finally at about 4:00 we hit the campsite. Exhausted, we set up the tents. The mac 'n cheese was definitely worth the wait for the water to boil. The cold creek was nice to soak our sore feet in. Finishing the night with snickers gave us energy for the next day.

-BeBe

Day 4

Today we hiked up Avery Peak. It was a very hard steep 2.5 mile climb. When we got to the top there was a hornet's nest on the summit sign that attacked us. There was an awesome view that we enjoyed while eating peanut butter and jelly for lunch. We then went down .5 miles to our campsite between Avery Peak and West Peak. We had some trouble finding a water source. After some exploring we found a water source and we were good to go! It was a great day!

-Chapin

Day 5

Today we woke up and had an oatmeal breakfast. (Note: Maple and brown sugar flavor can be used to bribe counselors.) We started out with a fast pace and quickly hike half a miles to the summit of West Peak (4,145 feet

elevation). We all took a picture next to the sign. It felt so good for all of us to make up the steep climb, and get to see the beautiful view. Then we had a pretty rocky and steep 2.5 miles downhill. It went by pretty quickly for us and within about 3 hours we arrived at Horn's Pond lean-to at lunchtime. We were so hungry that we dumped and shared most of our remaining food (Peanut Butter, Jelly, carrots, dried fruits, nuts and pita) As soon as we started to eat it started pouring rain. We set up our tents and spent our time until dinner in them. I planned our July 4 mustache prank on Holly Seamans. Before we reached our campsite we encountered a M.A.T guy/ caretaker and he challenged us to a few Leave No Trace games and Appalachian Trail Trivia later at nighttime. After this we had mashed potatoes for dinner and went to sleep. Overall it was a rewarding and fun day.

-Isabel

Day 6

It was the Fourth of July and despite knowing we had to be up early for hiking we woke up at 2:30 am to pull a prank on the counselors. After a failed attempt we hurried back to bed and continued to rest up for the 4.4 miles that lay ahead. We woke up again at 5 and packed out backpacks We had cereal for breakfast and started on the trail. We had a short uphill climb then started our descent. With excitement running through us we hiked at a fast pace. After what seemed forever we reached the road where we were being picked up. We unpacked our bags and ate leftover granola bars while we waited for the van to arrive When the van came we wished AT Sea 1 luck and headed off for sea kayaking in the van we got fresh fruit, snickers, and turkey sandwiches. (Yum!) It was so

refreshing after 6 days of hiking.

-Caroline

Day 7

After all those early mornings hiking the A.T. we had a nice sleep in this morning and woke up to blue sky and bright sun. We had a breakfast of scrambled eggs with peppers and onions and grilled Boboli bread. After we ate, we took a while dividing all of our gear and food and packing the kayaks. With cheers of "Good Luck Wavus!" from a visiting Junior Kieve cabin echoing over the water we set out onto the bay for our first day of sea kayaking.

We paddled at a good pace all the way past Hog Island out towards the center of the bay to Thief Island. The paddle took about three hours and the girls were all super excited to find out that the day's paddle was probably our longest paddle. They all were laughing and joking that sea kayaking was like a vacation after hiking. When we got to Thief we had lunch on our rocky little beach, set up camp, and spent the rest of the afternoon swimming, reading, and exploring the island, especially the osprey nests!

When the sun began to drop, Krista built a fire in the fire pit and we grilled our dinner of chicken patties the old fashioned way! After dinner we made S'mores as we watched a gorgeous pink sunset over the bay.

Day 8

We had another lovely sleep-in and we woke up to another hot and sunny day. Krista made another awesome fire and we made grilled toast with butter and honey for breakfast. Later in the morning we lathered up in sunscreen, filled up our water bottles, and headed out onto the bay for a little day paddle. We explored all around Thief and then

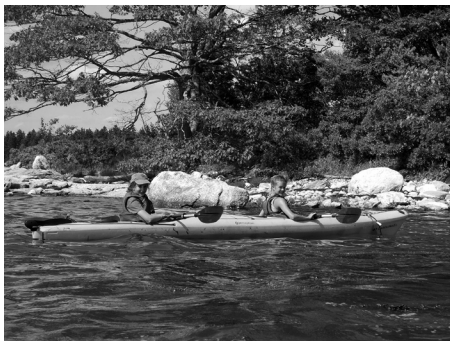
around Killick Stone Island and came upon a really nice, sheltered beach. The water was crystal clear and the beach was a perfect half moon so we just had to pull up our kayaks for lunch.

After another afternoon of swimming, reading, relaxing, and waving to the Snowgoose III we paddled back to Thief. We had a dinner of mini English muffin pizzas with Snickers bars for dessert and just as we were cleaning up we saw huge storm clouds rolling in. Everyone went back to their tents and snuggled down into their sleeping bags to wait out the storm. Sure enough within a few minutes the sky was dark gray, the wind was howling, rain came pelting down, thunder boomed, and lightning flashed across the sky. Although it was a little scary to be right in the thick of it, everyone agreed that it was kind of exciting watching the storm over the bay.

Day 9

After such a hectic night, we thought we deserved an incredible day and that's exactly what we had. We woke up to find no trace of the storm from the night before; flat water and hazy but sunny skies. Even at 7:00 in the morning we could tell it was going to be another super hot day. We had oatmeal for breakfast and set off onto the bay as the morning haze began to burn off. We paddled from Thief to Cow Island and into Martin's Bay. The bay was gorgeous and calm and we all had a great leisurely paddle, having fun goofing around, paddling backwards, and singing.

We pulled up at Ames Island at around noon, set up camp, and had lunch on the huge flat rocks on the beach that made up our little cove. After lunch everyone went for a swim and dried off while reading in the sun.



After a nice rest we decided to paddle around to Ames Cove on the other side of the island to get some fresh water and say hello to Mr. John Flood, owner and caretaker of the cove and the island. The cove is home to Mr. Flood's summer community of little cottages. We pulled up on the main beach and Mr. Flood came down from his house to greet us. He was so excited to meet and us and so happy we had come to say hello. We complimented him on his gorgeous property and he told us that the land has been in his family for four generations. He invited us to come back at 7:00 that night and he would take all of us out for a ride on his lobster boat.

We paddled back to our campsite on the far side of the island and everyone had a pre-dinner swim. We dried off as we watched a bald eagle soar high above us, ate dinner, and then paddled back over to the cove to meet Mr. Flood. We all climbed aboard his boat, *The One and Only II*, and the girls crowded towards the front of the boat as Mr. Flood showed them the radar and the depth monitors. He even let some of the girls drive the boat for a few minutes!

The sun was setting as we pulled back into the dock, thanked Mr. Flood, and set off in our kayaks. As we paddled back, the sky turned neon pink and orange and pale blue. We couldn't get over how gorgeous it looked reflecting off the still water as the bay settled down for the night.

Day 10

We had a late start to the day and had a relaxed breakfast of bagels on the beach. The sky was a bit overcast as we headed out on the flat bay, but we could tell it was going to be a hot day. It only took us about an hour to paddle across the bay between Cow Island and Bremen Long Island to the far end of

Hog Island. We pulled up at the beach as the sun began to break through the clouds and everyone was so hot we just had to go for a swim before we did anything else. After we had all cooled off a bit we set up camp and had lunch on the big rocks surrounding the beach. The rocks were curved perfectly like reclining lawn chairs and everyone enjoyed relaxing in their "chairs" and reading.

We spent the afternoon reading on the rocks, swimming, and playing silly improvisation games that including lots of falling down, hugging, and laughing. The temperature dropped just as we were getting ready to eat dinner so a nice hot bowl of pasta Alfredo was perfect to warm everyone up. After dinner we sat around talking, eating Oreos, and discussing whether or not they should be eaten with peanut butter. Everyone was full of energy and giggles as we headed off to bed and we could hear laughter coming from every tent.

Day 11

Even though it rained during the night, we woke up late to sun on the tent and the birds chirping loudly. We lounged around eating our breakfast of oatmeal and then, having practically the entire day to ourselves, we all spread out to relax for a while. There was reading, writing, swimming, rock skipping, crab hunting, yoga, drawing in the sand, and more silly games on the beach.

After a late lunch we slowly began packing our gear into the kayaks for the last time. At around 4:00 we set off onto the bay for our last paddle. The sun was shining brightly, the bay was alive with fun little waves, and there was a perfect light breeze to push us along. Everyone was in good spirits

and practically professional kayakers by now so it took us only a half an hour to get to the Bremen landing. We were greeted with screams and hugs by the A.T. Sea I cabin, Sara, Helena, Leigh, and our two evacuated campers Claudia and Ferdie. We were so happy to see everyone! The directors cooked us an amazing dinner of steak, veggie burgers, three different types of salads, croissants, and even some candy for dessert. We all ate way too much which explains why it took us such a long time to load all of our gear and kayaks onto the trailer after dinner! Everyone was tired from all the excitement of the day so despite a gorgeous night sky full of stars, we all wandered sleepily off to bed. Back to Wavus in the morning!

Allagash I

HBC: Kayleigh MacFarlane

JC: Emma Murphy

June 28-July 10- Allagash

Day 1- Big Island

Today we woke insanely early, ate breakfast, and left for the Allagash. The van ride was super long but very fun. We got to Hannibals Crossing and launched our boats. We got to the campsite in about 2 hours. After we got our tents set up, we went swimming. We swam for about an hour and then started to act out Maddie's book "The Last of the Really Great Wangdoodles". While we were acting out the book, the Kieve boys came over to see what we were up to. After, we ate veggie burgers and scrambles brownies for dinner and dessert. After dinner we talked with the Kieve boys for a while longer and then we went to bed. All in all, it was a good day on the Gash

Day 2- Chesuncook

We woke up early and had granola

and yogurt for breakfast. Then we loaded up our boats and made our way to Chesunkcook Village. ON our way it started to rain but that did not put a damper on our spirits. At 9:00 we arrived at the village and enjoyed root beer and fudge. After our snack we had a challenging paddle across the lake but we made it in about 25 minutes. After that we started to make our way to mud pond. When we got to mud pond, we carried the canoes to mud pond and we had peanut butter and nutella. After lunch we carried three canoes to the end of mud pond. The portage was challenging but it was nice to do a little bit of the portage before we had to do the whole thing. After we were all done we had mac and cheese and went to bed early to get sleep before the rest of mud pond.

Day 3- Mud Pond

Today we woke up around 5 and had granola bars for breakfast. Since we portaged three of the canoes the day before we only had three left today. We portaged three people on one canoes and carried them to a log trucking road then we went back to get the group gear. We then grabbed all the gear we could gather and carried it as far as we could go. We then went back to the road to get the canoes. Each canoe group had a spotter who would tell them when a rock was coming up or if there was a log they needed to step over. We continued to bring the gear and the boats alternating until we finished. It took us about five hours. When we finished we all took a rest and listened to "The Last of the Really Great Wangdoodles". Then we all loaded up the boats and paddles out of Mud Pond into a stream that was so shallow we had to walk our boats the whole way. When we got out of the stream we had

to paddle to our campsite where we were greeted by the Kieve boys. We hung out with them and ate a delicious dinner of yummy rice and chicken.

Day 4- Gravel Beach

After the long day finishing mud pond yesterday, we were very excited for a rest day this morning. We woke up luxuriously late, around eight and ate breakfast. A bit later we launched our canoes to pick up resupply. It was a short paddle on a sunny day and seemed easy. We reached the bridge where we were meant to meet our resupplies in about an hour. We had a bid of extra time, so a few of us jumped off the bridge. When the truck arrived we were all elated at the sight of civilization. After loading the new food, looking in the car mirror and sending a few of our letters, we ate lunch of pumpkin bread that was brought to us for resupply. We started the paddle back. Unfortunately, the wind had picked up a lot and we had strong headwinds on our way back, but we paddled through it eventually. When we returned to gravel beach, we relaxed and talked to the Kieve people we were sharing the campsite with, complaining a bit about our less-than-rest day, but still excited for the next nine days.

Day 5- Pump Handle

Today we woke up early and got ready for a long paddle. After packing up, we made breakfast sandwiches with eggs and sausages. They were delicious. We started our paddle across Chamberlain Lake. The lake is notorious for strong headwinds but the sun was shining and the water was calm for the whole paddle. By the time we got to Eagle Lake, we had such strong tailwinds we were able to sail, and reached our campsite early. We

went swimming and washed our hair in the lake. After, we sat on the beach in our crazy creeks and enjoyed the beautiful weather. Then we cooked our dinner which was pesto pasta. After dinner we crawled into our sleeping bags and went to sleep early.

Day 6- Scofield Point

The morning of the third, we ate bagels with cream cheese. It was about three hours of lake paddling in the rain, but it wasn't too bad because we had tailwinds. Because of the oncoming weather we had to share a campsite with Kieve. We ate quesadillas and hung out around the campsite, even though it was very buggy. For dinner, we had bisquick pizza and snickers. We went to bed at nine because we had an early day the next day.

Day 7- Sandy Point

This morning we got an early start, eating oatmeal to fuel us for our long day ahead. Our counselor Emma stuck an American flag in her hair and everyone wished each other a happy fourth of July, promising to also celebrate French Independence day with Agathe on the 14th. The lake was calm with little wind and we quickly reached our portage spot. We emptied the canoes and gave our gear to the rangers who drove it down past the rapids we were about to brave. They gave us oranges (fresh fruit!) and we lowered the canoes into the white water. For about 10 miles we paddled, screamed, and shoved off rocks. None of us capsized though and we all agreed it had been a blast. We stopped for some PB&J and continued to the campsite. We had a lake to cross when the wind picked up. At times it seemed like we were going backwards they were so strong. We managed to make it to a campsite before it started

to rain. We waited for the storm to pass. After a short easy paddled, we pulled into a sand campsite, tired after our long day. We set up, ate some mac & cheese with veggie burgers and ended our day with sparklers.

Day 8

Today we continued our journey down the Allagash Waterway happy to have some current to carry us along on our way. This was our first full day of river paddling! We made our way all the way to round pond where we found the most beautiful campsite that overlooked the surrounding hills. There was even a stone patio around our picnic table where we stood to make Gato Gato. Yes indeed, we did in fact mixed peanut butter with pasta and it actually tasted good. We relaxed around the fire and reminisced about our trip thus far.

Day 9

Our journey today brought us right to the edge of a waterfall. The falls are a well known part of the Allagash trip especially for the awesome cliff jumping spots. We made sure to listen to the ranger's advice and stick to the right of the river so we would not miss our take out point and go over the falls. When we got to the falls we quickly unloaded the gear to avoid a big thunderstorm that soon arrived to wash through our campsite.

Day 10

Today was our rest day at Gash Falls. We had an awesomely filling breakfast of blueberry pancakes covered in peanut butter made by Diamond and Claire. The day was filled with cliff jumping, card playing, and sharing stories about our trip around the fire.

Day 11

After a full day of rest we packed up our canoes and headed down the rest

of the river. It was truly a bittersweet moment when we passed the sign signaling the end of the Allagash Wilderness Waterway. Not long after passing the sign we began to see signs of civilization after going for several days without seeing any cars or power lines. We spent the night at Allagash Village where we had fun playing on the school's playground and saw some fireworks from Allagash Village light up the sky.

Day 12

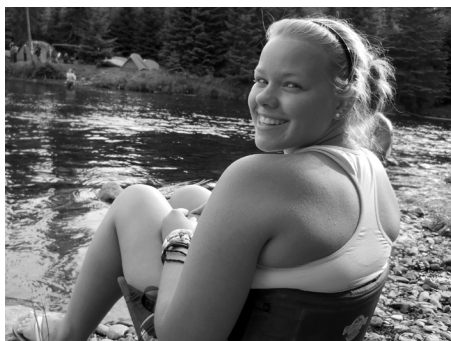
The Allagash turned into the St. John river after leaving Gash Village. There were some awesome rapids along the way that brought us quickly down the river. The river was sometimes so shallow we had to get out and push the canoes. We saw one more moose along the way bathing in the river. A set of bright red trash cans sadly signaled the end of our trip as we pulled into Pelletier's camp site and took the canoes out one last time. G.I. Joe arrived with heaps of food, letters, and candy for us to celebrate our accomplishment. At night we shared our favorite moments from the trip and lit some sparklers as the sun was setting.

Day 13

We broke down camp today and fit all of our gear somehow into the trailer. Some of the boundary bags even fit inside the canoes themselves. The biggest thought on all of our minds was food. We went to McDonalds where we all finished every last bite of our meals. When we arrived back to camp everyone was really excited to see us and we made our entrance at dinner with a Mulan themed skit including a canoe obstacle course. We all fell asleep that night with the satisfaction of completing an awesome and challenging trip.

July 13- Hog Island

We got to venture back out together again after returning from the Allagash to visit Hog Island. When we arrived at Bremen, Ryan and Caroline greeted us and then we all kayaked over to Hog Island. As soon as we arrived we went swimming in the ocean and found the water to be much colder than Allagash river water. The afternoon was spent doing service projects such as trail blazing and cleaning the shoreline. After a leisurely paddle back to the main land we enjoyed some well-deserved Round Top ice cream.



Allagash II

HBC: Quail Bell

JC: Sally Hereford

June 29-July 11- Allagash

Day 1

The whole cabin woke up at 4 a.m. to finish packing up our cabin and to load our canoe trailer. The driver known as 'the one' drove us to Hannibal's Crossing, the starting point of our trip. We started our trip at approximately 12:10 and arrived at our campsite Pine Stream around 5 p.m. We paddled about 14 miles. The girls made cornbread in camp the night before we left. So for dinner we cooked our chili and dipped the cornbread in it. It was Sophie Jenson's 14th birthday and the girls made her brownie scramble and we sang her happy birthday! The night ended with intense rain and thunder storms.

Day 2

Today we left Pine Stream campsite around 8:15 and had yogurt, blueberries and granola for breakfast. Paddled to this hidden town on Chesuncook Lake. We stopped at 'The Store in the Woods' to buy fudge and rootbeer. It was delicious! After the fudge we paddled north of Gero Island into the beginning of Umbazookus Stream and stopped to make chicken quesadillas for lunch on the bridge. Instead of portaging around the bridge some of the girls laid in the canoes and pulled them under. From there we started to paddling into Umbazookus Lake and to the dreaded MPP, Mud Pond Portage. The portage site was difficult to find, it was only marked by a cairn but luckily a moose led us to the entrance. From Pine Stream to the entrance of the portage it was a 12 mile paddle. We started the big MPP at 4:40, two girls to a canoe.

Finished at 6:40, it only took us two hours! We did it in impressive timing. We camped there that night and made bacon, avocado cheeseburgers and had snickers for dinner.

Day 3

Had an early start, we woke up at 5:45, had a quick breakfast which consisted of a granola bar and apple. We quickly packed up camp and loaded our gear started our second MPP. We finished our second portage in an hour and ten minutes! Another impeccable time! We paddled across mud pond and rafted up to make peanut butter and jelly pita sandwiches for lunch. Then we paddled into this streambed and followed it into Chamberlain Lake where the head winds were so strong. We paddled around the point of Gravel Beach campsite and were so excited to see about fifteen Kieve-Wavus canoes pulled onto shore! The rest of the night we unpacked and set up camp for a rest day there the next day. Some of the boys from Kieve helped cook M&M pancakes for dinner.

Day 4

Today was the first day it was sunny! We woke up leisurely around 8 a.m. and had bagel and cream cheese for breakfast. Sally took Chase, Taylor and Banks to get our re-supply at Chamberlain Bridge. Some of the girls jumped off the bridge. Quail, Lexee, Anneliese, Margaux and Olivia paddled to a nearby rock to read and lay out and soak up the sunrays. The re-supply girls got back to gravel beach around 2 with mail and fresh food! We made turkey and cheese sandwiches and had sodas for lunch. The Allagash 3 girls came to gravel beach that afternoon. We all spent a relaxing afternoon together in the sun. For dinner we made chicken patty

sandwiches. We told ghost stories and star gazed up at the Big Dipper and the Milky Way.

Day 5

We left Gravel Beach at 6:30 this morning and had a protein bar for breakfast. The head winds weren't too bad this morning but the weather was stormy with thunder sounding in the distance. We reached Lock Dam in no time at 9 a.m. and portaged our canoes for 200 feet and continued into the streambed into Eagle Lake. The storm hit as we started paddling and we had to set up camp on Thoreau Island. We made peanut butter and jelly pitas for lunch and then took naps in the rain. For dinner we made Mexican fiesta rice with pepperoni and onion mixed in. It was a mellow night because of the rain so after dinner everyone went in their tents.

Day 6

Forth of July! We woke up early this morning at 6 a.m. and started paddling all of Eagle Lake. Near the southern tip of Farm Island we ran into a boy scout troop and paddled with them to John C. Bridge. We stopped to have a snack and jump off the bridge. It was a pretty leisurely paddle to our campsite at Scofield Point. It was a little over 10 mile paddle but it was worth it, Scofield Point was such a beautiful campsite. It overlooked all of Churchill Lake and had a nice beach with tall pines surrounding the tents and picnic tables. The Allagash 3 girls came and surprised us again and camped with us. For dinner we made pesto pasta and shared s'mores with Allagash 3 girls. The counselors surprised both cabins with sparklers on the beach.

Day 7

We woke up early again around 6 a.m. and left camp around 8 a.m. to

paddle into Churchill dam to start the beginning of Chase Rapids. Along the way we saw two moose. We paid the ranger ten dollars to drive our gear down the rapids. Luckily he did that because two of our canoes flipped. Taylor and Banks paddled around the first rapid and flipped! Quail and Margaux t-rescued them in the calm water. The rest of the rapids went smoothly except for the last 100 feet Quail and Margaux flipped on a rock. We t-rescued them on a rock. We followed chase rapid into Umsaksis Lake and were forced to camp at Ledges campsite because of strong headwinds. We made pizzas for dinner with pepperoni, onion and bell peppers. We stayed up talking and telling stories for some of the night.

Day 8

We woke up leisurely at 9 a.m. and made oatmeal for breakfast. Today we finally made it onto the Allagash river. We stopped in the middle of Long Lake to make peanut butter and jelly pita's for lunch. After lunch a huge storm hit and we had to paddle in the pouring rain for almost an hour. Right when we got to our campsite it stopped raining but everything was soaking wet. We paddled about sixteen miles to a campsite above tower trail that had no name. For dinner we made macaroni and cheese.

Day 9

Today was another long day. We paddled from the no name campsite to Gash Falls. For lunch we stopped at Bass Brook and cooked ramen. We camped with Allagash one from Wavus and Allagash three from Kieve. This campsite had two spots for cliff jumping. The first jump you had to climb up some boulders and then jump into the rapids and swim across to



the other side. Then climb up another boulder, run down it and jump into the rapids. We probably jumped off about twenty times. For dinner we made long grain rice with onions and bell peppers. Dessert was interesting; we melted M&M's for our s'mores.

Day 10

This was our second rest day and we took advantage of it. We slept in till about ten o'clock and had bagel and cream cheese for breakfast. We read, tanned and cliff jumped all day. For lunch we made peanut butter and jelly pita's. Literally all day everyone just relaxed in the sunshine. For dinner we had rice pilaf and then shared s'mores with Pine Island Camp who was camping next to us.

Day 11

Today dragged on, the paddling seemed to take forever. We leisurely got up and had granola bars for breakfast and packed up camp. Left Allagash Falls around eleven and arrived at Allagash Village around two. The counselors surprised the girls and took them to Two Rivers Diner and we all had double cheeseburgers except for Sophie who had a pancake and eggs. The girls were so grateful to have restaurant food and not trip food. We paddled about five more minutes to our campsite, which was a field on Mrs. McBrierty's land. The counselors walked to the store up the road and bought candy for the girls. For dinner we cooked rice pilaf with an onion. That night the town was playing music.

Day 12

We woke up leisurely around nine and had oatmeal for breakfast. Packed up camp and started Gash paddling to Pelletier's campsite. Along the paddle we hit a lot of rapids. Banks and

Margaux flipped their canoe twice and thankfully we only a couple propane tanks. It took us about four hours to paddle to the campsite. It was on a large grassy hill and marked by three red trashcans. We portaged our gear and canoes up to the campsite. Helena came and brought us turkey sandwiches for dinner, snickers for dessert and cereal for breakfast. We had a fire and stayed up late talking and telling stories. That night there was a huge thunder storm and it scared everybody.

July 14- Hog Island

All three Allagash cabins left Wavus around ten and got to Bremen around ten forty five. We sea kayaked over to the island where we met up with Ryan the director. We spent the first few hours jumping off the dock into the ocean, tanning and making lunch. For our restoration project we split off into three different groups. The first group sea kayaked to the southern tip of the island to clear out old wooden camp platforms. The second group picked up trash around the island. The third group trimmed some of the nature trails. We ended our Hog Island trip with going to Round Top Ice Cream.



Allagash III

HBC: Emory O'Donnell

JC: Lindsay Applebee

June 30-July 11 - Allagash

Day 1

After a 6-hour van ride up to the put-in site courtesy of The One, we finally made it to Hannibal's Crossing and unloaded our canoes to begin our journey into the Allagash Wilderness Waterway! We arrived around 12, ate lunch under the bridge, and then began paddling. After paddling about 2 hours, we arrived at Big Island, our destination for the night. The bugs were all over us, it was like we were fresh meat. Once we got there we set up tents and the tarp and began to cook dinner. We made burgers for dinner, and veggie burgers for the vegetarian counselors, and headed to bed for a long day of paddling tomorrow.

Day 2

We woke and were on the water at 6 AM. Within the first hour of paddling we spotted a moose in the water! We hugged the right shore heavily so that we wouldn't end up in a cove on the left side of the lake, but ended up getting ourselves extremely lost. Around 2, we still hadn't taken a break or eaten lunch yet so we pulled over on the shore to figure out where we were and get something to eat. Once we determined that we had already passed the store and were heading in the wrong direction, we went to the ranger station and arranged a ride to a campsite where we could be shuttled in the morning to our resupply. It's a shame we had to skip Mud Pond. At the Allagash Gateway campsite, the owners showed us the chipmunk and his pregnant wife who live in their woodpile. They even let us feed them

peanuts! After making quesadillas for dinner, we ended the night by making s'mores by the campfire.

Day 3

After arriving at Chamberlain Bridge and picking up our resupply of fresh food, we headed to Gravel Beach, making it there in about an hour and a half. Many other cabins were there, such as Wavus's Allagash 2, and Kieve's Long Voyage 2 and 3. It was nice to see some familiar faces. We spent the afternoon swimming on the beach and hanging out with the other cabins. We made pizzas for dinner and all hung out by the fire telling stories and talking about our trip.

Day 4

Today was a rest day for us. Unfortunately, it was raining for 90% of the day. Despite the weather, the girls spent most of the day outside with the boys. They hung out under tarps and occasionally on the beach all bundled up in rain gear. We had grilled cheese for lunch (YUM!) and then steak and cheese subs for dinner! Sarah cooked macaroni and cheese (with lots of cheese and bacon) for the Long Voyage 3 boys. They loved it.

Day 5

Today was a very long but exciting day. We had to wake up at 4:20 AM, and we were on the water by 5:40. We needed to get up early today to beat the wind on Chamberlain Lake. Once we reached Lock Dam, we had to portage about 200 ft over a small whirlpool. We paddled down a small stream and then into Eagle Lake, where we stopped at Pump Handle for a lunch/swim/tan break. After that, we continued paddling and made our way to Scoffield Point. Churchill Lake was extremely windy, and we arrived at Scoffield around 3 PM and

were greeted by the Allagash 2 girls. This was by far the best campsite of the whole trip. There was a beach, the whole campsite was surrounded by water, and the view was absolutely amazing. We paddled about 19 miles in total today, but it was totally worth it to be able to spend a day here. It was the 4th of July today, so we celebrated by lighting sparklers with the Allagash 2 girls just as the sun set.

Day 6

We spent the majority of the day today at Scofield Point because it was so nice. We said goodbye to Allagash 2 around 7:30 AM and casually rolled out of our tents and ate peanut butter and jelly bagels. We tanned and swam on the beach all afternoon. For dinner, we had fajitas! Once the wind finally died down around 7 PM, we began the 45-minute paddle to the Jaws campsite. The last boat pulled into the campsite right as the sun fell below the horizon.

Day 7

We woke up around 8 AM, ate oatmeal, and began the paddle to Chase Rapids! 15 minutes into the paddle, we saw a moose in the water eating the grass on the bottom of the shore of the lake. We literally came within 15 feet of the moose and she did not move an inch, it was interesting how unthreatened she felt. After giving the ranger our gear, we went down Chase Rapids. They were rather intense, but thankfully not a single boat flipped. Once we reached the site where the ranger dropped off our gear, we loaded our boats back up, ate lunch, and continued on our way down the river. Right as we passed Chism Brook campsite, lightening appeared in the sky and we had to get off the river. We set up our tents and got on our

sleeping pads until the storm passed. Once the skies cleared up a bit about an hour later or so later, we decided to keep going and paddled to Sandy Point campsite for the night.

Day 8

We got on the water around 9 today and began the paddle down Long Lake, where the winds were extremely brutal. After paddling for about 2 hours we got to the end of the lake and had to portage over Long Lake Dam. While walking the canoes over the dam, one of the boats slipped and went down the dam. We were almost positive that it was going to flip but thankfully it remained afloat. Right in the middle of the portage it began to rain but thankfully the sun came as just as we pulled into Sweeny Brook campsite to eat lunch. After some peanut butter and jelly pitas, we continued down the Allagash River for another hour. We paddled our way into Round Pond and pulled up to the Outlet campsite where we tanned and swam for the rest of the daylight.

Day 9

We got on the water at 8:20 AM today and paddled until about noon. The paddle was nice and leisurely. Once we passed the Ranger Station, we knew that we were only 3 miles away from the falls. Terrified of going over the falls, we hugged the right side of the shore until we saw the portage trail. We portaged all of our gear to the beach at the end of the campsite and then walked the canoes in the water to the second portage trail and portaged them to the end of the beach as well. Once we were done with all of the gear and canoes, we went swimming and jumped off the cliffs on the north side of the falls. It was a lot of fun. After jumping off the cliffs a couple times,

we set up camp right next to Allagash 2 and cooked rice stir-fry for dinner. The rest of the night was spent reading and making s'mores.

Day 10

Knowing that it was supposed to rain today, we decided to paddle to Allagash Village instead of staying at Allagash falls, so that we could have a rest day in sunny weather. We paddled for about 2 hours in heavy winds and then came across a huge field, which was our destination for the night. The counselors walked up to Mrs. McBriety's house to pay her for the use of her land. We made peanut butter sandwiches for lunch and then hung around and swam and tanned for the rest of the day. For dinner we ate pasta with dried veggies and treated ourselves to pop-tarts that the Kieve boys had left in an abandoned wannigan back at Allagash Falls.

Day 11

Today was our rest day. It was beautiful out and very, very hot. Everyone seemed to enjoy the break from paddling. It was nice to not have to pack up tents and wake up early. We all tanned, swam, read, and simply relaxed for most of the day. For both breakfast and lunch the kids made pancakes. For dinner, we had pasta and then ate scrambled brownies with m&m's for dessert.

Day 12

We got on the water at 9:30 AM and began the paddle along the St. John River to Pelliter's campsite. There were some really nice and fun rapids along the way. A couple boats almost tipped multiple times. After two and a half hours of leisurely paddling, we reached Pelliter's. Around 7 PM Joe showed up and one of the counselors went with him to pick up pizza. It was really nice

to have a nice delicious meal and not have to cook it. It's really sad that we have to go back to camp tomorrow, it has truly been an amazing trip.

Day 13

We loaded all the canoes and gear onto the trailer and then hit the road to head back to Wavus around 10 AM. We stopped at Subway for lunch, along with a few bathroom stops, and arrived just around dinnertime to make our entrance back into camp. We were escorted into camp by a police car and then attacked the rest of the camp with water balloons, water guns, and silly string!

July 14- Hog Island

The girls of Allagash III, along with the other two Allagash cabins, headed out to Hog Island at 10 AM on a sunny summer day. We got in sea kayaks and made the short paddle over to the island from the Bremen dock. Upon arrival, the girls enjoyed swimming in the ocean and jumping off the deck railing. We spent some time chatting about our trips out on the Allagash and soaking up the sun on the docks. After a delicious lunch of PB & J's and some fresh fruit, three groups of girls headed out to complete different tasks around the island. Some of the Allagash III girls spent the afternoon exploring the island's coves and picking up the trash that often collects in them. After two hours, the girls had filled three giant trash bags! Some of the other Allagash III girls spent the afternoon trail blazing and cleaning up the shore and various campsites. Finally, another group of girls spent the afternoon cleaning up plywood from a newly renovated campsite. We ended an awesome day with delicious scoops of ice cream from Round Top!



Maine Trails

HBC: Griff Griffiths

HBC: Lauren Lesser

June 27-July 14- Maine Trails

Day 1

We got a surprise good-bye this morning with a tunnel/mob of campers waving goodbye from the road – Maine Trails girls are celebrities! After a long car ride through the scenic Maine countryside, enhanced by the driving of Sarah Taylor and non-stop pump-up/pop music, we arrived at Stonington. There we had a SPEED RECORD put-in: unloading boats, packing them, and getting them seaworthy in a flash! The paddling was tough and rough for some, with salt spray cooling us off on a perfect warm, sunny, slightly windy summer day. Lara and Charlie got spooked by a huge seal diving next to their boat! We sped through the water and reached beautiful Kimball by 3 pm, where we lounged on the beach, found a mysterious file, and tanned with Lauren's 100 SPF sunscreen. Yummy fajitas and whisperlite s'mores concluded a fantastic first day of the inaugural Wavus Maine Trails journey!

Day 2

We woke up to a beautiful morning on Kimball, then paddled to Isle au Haut. We walked up the road to the ranger station where we expected to find potable water. It wasn't there but we went for a pleasant little hike anyway. We filled up water at the general store and paddled out toward Hells Half Acre, another 6 mile paddle. On our way we saw another very cute seal, who popped up and looked around at us. As we paddled up to Hells Half Acre we saw a group of young men sitting on the rocks, the other Maine

Trails trip. We spent about a half hour catching up with them, hearing about their last 8 days on the water. Griff decided that was enough socializing so we paddled another mile to Russ Island right outside of Stonington. We set up tents and ate a pepper and onion quiche. We built a fire down by the water and ate apples and nutella for dessert, which proceeded to get put on Lauren's face like a mustache. Yum.

Day 3

This morning we woke up to complete fog. It was cold, misty, and foggy. Griff explained to us that we were going to wait an hour or so to see if the fog thinned. So for breakfast we had bagels and cream cheese with oranges, and then we waited. At 10:30 am we packed up camp on Russ Island and started paddling. It was too foggy to reach Sheep Island so we stayed close together and headed back for Hell's Half Acre. In 20 minutes we met back up with the Maine Trails boys just to say "hello" and figure out the next camping spot. We headed back out into the fog towards Grog that we just passed by, but a man commented on our lovely T. Swift singing. We paddled a short 20 minutes to Little Sheep Island where we ate fresh strawberries, gorp, and luna bars. Once we finished lunch we paddled right across a crossing to another Sheep Island and set up camp. Lizzy made fantastic pasta with Alfredo sauce and then hot cocoa for dessert. Now we are playing a great game of Mafia.

Day 4

This morning we woke up at around 8 to the sound of "Maine Trails girls" and we were sad to see it was still foggy but we were happy to have a warm breakfast of oatmeal to start us off. Once we were all packed up and swept the campsite,

we realized that there were patches of blue sky and the sun came out! We paddled a ways and stopped for a quick water break and then continued on. At 11, we stopped for an early lunch, and stopped at an island with a nice sitting spot. It started to look a bit cloudy and stormy so we decided to continue on. We made good timing so we got to Seller Island at 12:45 with the rest of the day to enjoy the good weather! We set up camp, the clouds cleared and we decided to go for a swim! We went for a dip in the cold ocean, but it felt great! We sat in the sun, walked around the beach, and played some games like Ninja and Vegetable Off! We wanted an early dinner so we made pancakes for dinner at 5! Afterwards we made scrambled brownies for an excellent dessert! We went to bed somewhat early to prepare for our early wakeup call in the morning. It was a great way to end such a great day!

Day 5 - Transfer Day

We woke up at 6 this morning and paddled along the coast until we reached Sedgewick in beautiful weather. We were greeted by Sarah Tayler and we quickly loaded the trailer and got on our way. Lara fell getting out of her kayak and hurt her ankle/calf so we were all unhappy to find out that she would have to rejoin us later on the 5th of July. We had a quick lunch at McDonald's then drove to the start of the trail where we re-packed, and then set off down the trail. We walked for 3 miles on gentle hills until we reached Leeman Brook campsite and had a dinner of turkey burgers then scrambled brownies and went to bed early for an early start and a long day tomorrow.

Day 6

Today we woke up at 5 am. We

packed up at breakfast and started hiking at 6:30. Today was the longest of all the days; we hiked 12 miles! We were all a little scared and nervous but we got through it! We had many breaks, some longer and some shorter. We all made it to lunch, but exhausted. Lunch was at 11:45ish, and by that time we were half way. After lunch we packed up the go4rp that was for lunch and then headed off. There were some big streams that we had to cross, but not big enough to have to change shoes. There were some falls into the water, but were all OK. We also encountered some big rivers, where we had to change shoes. Griff helped us all cross and everybody got across OK. Close to the end, right before we had the last mile, which was all uphill, we took a big break. We all made it up the hill in good time and we finished 20 minutes before we thought we would. Everybody was so exhausted and tired, so we quickly made dinner and then went to the bed at around 9:10ish. We were all proud and happy that we did it.

Day 7

Today, we were lucky enough to be able to sleep in late until around 7:30. Gently, we rose out of our sleeping bags, and were cooked a lovely breakfast of oatmeal by the magical Griff. Our hike was a short yet steep 4.1 miles up Barren Mt. We took a few water breaks on the way up as well as a few others for blister problems. As we climbed higher we were able to get our first views from the clouds (Barren Ledges). In what seemed like no time at all, (thankfully) we summited Barren Mt. and ate a delicious lunch of PB & J and Pita. We carried on, and shortly after we reached our campsite at Cloud Pond which we'd heard so much

about. Unfortunately, as we were so high it rained and we were not able to swim/wash off as our counselors really needed it! We began unpacking our tents at about 2 that afternoon, so we were able to get out of the rain. We all snuggled up in our sleeping bags, and everyone took a long break at reading/snoozing/playing cards. Finally the wonderful Charchar 101 decided to cook alfredo pasta in the pouring rain. Everyone agreed it was almost gourmet. We all decided to retire back to our tents and have an early night at around seven. Although one full camper tent was able to sleep through the high soundly, both counselor and other camper tent were woken up repeatedly by nearby thunder and lightning. Thankfully none of our tents were hit although some of us were braced in lightning position. Overall, it was our best day so far but could still be improved upon. But congrats to everyone on summiting/completing our first of many mountains! YAY!

Day 8

Happy 4th of July! We woke up at 5:30, packed our packs and had a nice breakfast of granola and powdered milk. We began hiking, anxious to summit the 3 peaks on the day's agenda and finally get the chance to see some views! We got to the peak of 4th Mountain pretty quickly, had a quick snack, and sun the national anthem in honor of today's holiday. We then headed down excited for our next peak. However on the way 7up we had a slip and a camper got a bad bloody nose, so we all took a long break to recuperate. Everyone in the cabin was supportive and willing to help their fellow cabin mate feel better. We passed the time by talking and eating a lunch of luna bars and gorp. We then set off again just as

we began to hear distant thunder so we decided to pick up the pace. The storm was approaching quickly so we snapped a quick picture at the top of 3rd Mountain and got back down right in time to set up a tent until the thunder storm (including hail!) passed. We told stories to pass the time and after about 45 minutes emerged to discover sunlight. We had a quick snack of granola bars and headed out to finish our hike. We arrived at camp to find that word that our fall had already arrived at the lean-to. Word really does travel quickly on the AT! We set up camp, made a dinner of rice and beans and tortillas and sang the national anthem one more time and finally shared more stories before heading to bed.

Day 9

Another long day began with an early start and luna bars. We got some great views early in the day leaving Chaiback Gap, and began our descent. Today was an endurance day, a long downhill followed by a gradual uphill to Carl Newhall shelter. Highlights of the day included a refreshing (hopefully cleansing) swim in W. Branch Pleasant River, good trail convos, trail names, and meeting up with Merry and Pippin at the end of the day (two lovely ladies doing 200+ miles along our path!). Great weather, but the sun made us sleepy and we are ready to rest early. 4 Peaks tomorrow!! Go Maine Trails!!!

Day 10

Today we climbed the 4 peaks. It was our hardest day because we continued to go up and down. However, we prefer peaks because it sets a little goal that we need to complete. The first peak is called Hagas Mt. It was not too hard and there wasn't a view either. Our second peak was West Point, which



was a steep climb but we move quickly uphill and are able to push through the pain. Our third peak was Hay Stack, which took us no time at all to summit, and then to begin climbing peak White Cap. The view on tip was amazing. It was really windy but we took many photos and ate PB & J on pitas for lunch. After that we started our descent to East Branch where we set up camp. Lizzy, once again, made spaghetti with Alfredo sauce, which was great. In all we hiked about 8 miles.

Day 11

We woke up at about 7 and ate a delicious meal of oatmeal, but ate in the tents because it was a bit buggy. We headed off around 8 and had a great start. We only had one peak for the day and we made good timing and reached the top while it was still morning. We decided to stop for a gorp break and enjoy the summit. We continued at a good pace and it was getting flatter which was nice. When we got to a road we decided we wanted to solo, which is when one person goes and you wait a bit between each person so you get some alone time. We did that until we reached a sand beach and it was nice! We all went for a swim in the lake and felt so much cleaner afterwards! We ate lunch and laid out and enjoyed the sun for a bit before continuing on. We continued to solo, but a few of us decided to stick together. So the rest of the trail was extremely pleasant. It was flatter and a bit downhill and took us under an hour to get to the campsite 2 miles away. There was a great swimming spot next to the campsite so we went swimming and explored a nearby waterfall. It was a very relaxing way to end the day. We made dinner of ramen noodles and had hot chocolate for dessert. We all played cards in the

tent for a bit and decided to rest up for resupply tomorrow! We all agreed today was one of the best days of the trip so far!

Day 12 – Resupply

We were up at 6, on the trail at 7 and to the road by 8:30 to wait for Sarah Taylor and our new food. And wait we did. Since our morning hike was so efficient we had plenty of time to kill playing cards and exploring the nearby brook, making sure to avoid all oncoming logging trucks. Finally at 10 a red car pulled up and to our surprise both Sarah Taylor and Lara were in the car. Along with the new gear we were brought mail and a lunch of fresh veggies and sammies, something we all appreciated and devoured quickly. It was a bittersweet midmorning as we bade our friends goodbye and set off down the AT to begin the end of our journey. With the knowledge of Sarah & Lara going back to camp, the following few miles were spent soloing (hiking alone with a counselor on each end) and reflecting on our journey so far and our journey yet to come. A little disheartened when we reached the next roads we decided to walk in scattered groups: counselor – 2 campers – 4 campers – counselor – in order to reflect with each other. The first group arrived at Antlers campsite at around 2 and immediately went swimming. They were joined by the others a refreshing 20 minutes later. We swam for a while before setting up camp then expert chef camper Lauren made delicious quesadillas for everyone, saving room for dessert (s'mores by the fire) and went to bed with visions of Katahdin dancing in their heads (6 days remain).

Day 13

Today we woke up at 7 am, packed

up our packs, ate bagels and cream cheese then headed off at 8:20. Today was an easier day; mostly flat with a little ridge. It was 8 miles, but only took us 4 hours. We got to camp with a couple falls but were ok. We got to camp at 12:30, set up tents and made a cheese, peppers, and pitas sandwich for lunch. The rest of the day we played cards and dipped our feet in the water. We had pasta for dinner and then everyone went in their tents and then fell asleep not long after.

Day 14

We had a short hike in the morning and landed at a wonderful beach for lunch. We stayed there for about 2 hours and then continued on our hike for another 2 miles. A half mile before our campsite we stopped again at another beach where we read books and went swimming. After another 2 hours we continued to Wadleigh campsite where we stayed with the (Maine Trails) boys and Quebec girls. We had potato pearls for dinner, scrambled brownies for dessert, played a game of mafia with the boys, then hit the sack.

Day 15

We woke up to a chilly morning at 5:30. After a breakfast of powdered milk and granola we broke into groups to hike Nesuntabunt. We all met up at the top, admired the great view and talked about our hike up. We continued hiking taking short breaks until we decided it was time for lunch. With the temperature and humidity rising, we set off again to the next lean-to. At the lean-to we took a long break and tried our best to cool off. Realizing we had about 4 miles to go we set off once again, eager to get to the campsite. Once at the campsite we immediately jumped in the water. We set up tents

and ate a yummy dinner of rice and tomato soup with lorna doones for dessert. Ready for an early bed we brushed our teeth quickly, bomb proofed our packs and headed to our tents for the night.

Day 16

Sleeping through a night of storms, we awoke to a cool and damp campground with warm oatmeal for breakfast to start our day. As we hiked the sun slowly came out, and before we knew it we had reached the rainbow ledges, a beautiful open area of broad rocks, lichens, and shrubs. We hiked through the afternoon until eventually we reached a sign: the signpost signifying the end of the 100 mile wilderness! We were elated and so proud to have made it so far! We celebrated with snicker bars & photos. Next we found ourselves on a paved road with cars for the first time in 2 weeks! Back in civilization, we stayed at the lovely Abol Pines campsite. Dinner of alfredo pasta, plus a treat of hamburgers from Griff & Lauren, and freeze-dried ice cream was tasty. To cap it off, most went for a post-dinner dip in the Penobscot from an awesome rope swing off of a tree at the end of the campsite. Counselors slept in tents and campers finally enjoyed a night in a lean-to (with some tent-age for bug protection). Tomorrow: Katahdin Stream!

Day 17

After a night in the lean-to we woke up to a "breakfast in bed" of pancakes made by our counselor Griff. We packed up camp excited to get to Katahdin stream. Once we got into Baxter there were tons of bugs so we hiked fast to keep from getting bitten. We got to the natural water slides and figured out we had hiked 4 miles

in 2 hours! We stayed at the slides for about 3 hours before heading out again. We reached big Niagara falls and decided to have lunch. After we ate and snapped a couple pictures we headed for Katahdin Stream! We got to the campsite and were so happy to have completed our last days with packs! We played cards and slept until Nancy came with lots of yummy food to eat. We gorged on fresh fruits and veggies, juice, milk, cookies, and much more before having a dinner of quesadillas. Next we talked a little with the Kieve boys before heading to bed ready for our big day tomorrow!

Day 18

We woke up at 3 o'clock, ate a light breakfast of cereal and milk with Joe and Nancy. Then at 4 o'clock we hit the Hunt Trail. Automatically we started climbing straight up. We summited in about 3 hours and beat the boys. When we saw the sign we all realized that we had accomplished something huge. After some group photos, some snickers, and exchanging stories with the boys we started our descent. It was slow at first because it was very steep and we wanted to stick together. It took us about 5 hours to get down and then packed up the van, got our Maine Trails T-shirts, and left Baxter. In the van, we all knew we did it and were proud of ourselves. It was a very hard trip, but the feeling on Katahdin was, and always will be, until you complete Maine Trails as well, speechless.



Trip Logs - Session 2

Junior Wavus Respect

Hog Island/ Snowgoose

HBC: Christy Tricolli

JC: Kasey Villeneuve

JC: Meredith Haynes

August 4

Respect went on its Snowgoose and Hog Island trip on the fourth and fifth of August. On the fourth, we left camp right after breakfast and then spent most of the day on the Snowgoose. Most of the campers jumped off of it. Some of them also helped pull up lobster traps. We arrived at Hog Island around 1500 and set up our campsite. The girls worked together with guidance from the counselors to pitch all of the tents. When we were done, we enjoyed an afternoon of playing on the island. We had miniature pizzas for dinner, then built a campfire and made s'mores.

August 5

The next morning we woke up around 0800. We had pancakes for breakfast, and then went on a nature walk with the Hog Island instructors, Ryan and Carolyn. We explored tidal pools, swam at a beach, and ate edible plants. When we returned to the campsite, we ate lunch, then packed up and jumped off of the docks with Ryan and Carolyn. We stopped at Jefferson Scoop on the way back to camp.



Junior Wavus Responsibility

Hog Island/ Snowgoose

HBC: Pam Porter

JC: Lexi Casale

JC: Lauren Geddes

August 4

The girls of Responsibility had a fun adventure on our Hog Island Trip. We spent the day on the Snowgoose with Captain Bill and Troy. The girls spent the day pulling up lobster traps and jumping off the roof of the Snowgoose. We returned to Hog and set up their campsite and what a great experience it was to have the girls learn how to put tents together. We then enjoyed a relaxing afternoon exploring and playing on the island. After dinner was made a fire was built and a s'more extravaganza ensued.

August 5

The next morning we enjoyed S&M Pancakes and began our hike around the island with Carolyn. We investigated the tidal pools and climbed on the rocks. After returning we made lunch, packed up and spent the rest of the afternoon jumping off the docks with Ryan and Carolyn. On our way home we stopped for everyone to have the ice cream at Jefferson Scoop and rolled back into camp jamming to "Waka Waka". We had an amazing time.



Junior Wavus Courage

Hog Island/ Snowgoose

HBC: Bethie Fowler

JC: Kim Picard

JC: Stephanie Ambroise

August 1

We left Wavus after breakfast. The drive to Bremen dock took about forty minutes, and we spent the ride singing old camp songs and making up some new ones! At the Bremen landing, we got onto the Snowgoose III to bring our things to Hog Island before spending the day on the Snowgoose III with Captain Duffy and First Mate Jonathan. The day was a little foggy, but we enjoyed the activities on the boat anyway, especially fishing, hauling lobster traps, and jumping from the roof of the boat into the water (always a popular activity!). When we got back to the island we set up our tents, and splashed around in the cove near our campsite. Then we explored Hog Island's lab/museum that the Audubon society maintains there and made a campfire on the shore. We cooked rice for dinner and roasted hot dogs and s'mores over the campfire—delicious! After dark we went down to the dock to look at the bioluminescence. After a lot of whispering and giggling we settled in for the night, though we were awoken several times by a heat-lightening storm nearby.

August 2

We woke up at around 8 and cleaned up our campsite. Once we were all packed up, we ate a breakfast of English muffins, cream cheese, and grapes. Carolyn from the Audubon Society led us on a short hike with lots of stops to swim and explore the tide pools. We had a snack on the beach and played with the crabs and periwinkles

along the shore. We got back in time for our picnic lunch and Carolyn read us *The Lorax* by Dr. Seuss. Unfortunately it began to rain in the afternoon, so we played inside the fish house. It cleared up for about fifteen minutes, so we jumped off the dock into the water for a quick dip before heading back to camp via the Snowgoose. On the way back we "mysteriously" ended up at J Scoop for ice cream. We were all happy and tired. It was such a great trip!



Junior Wavus Kindness

Hog Island/ Snowgoose

HBC: Elizabeth Cook

HBC: Missy Harney

JC: Kasey Jacksonis

JC: Lindsay DeMuth

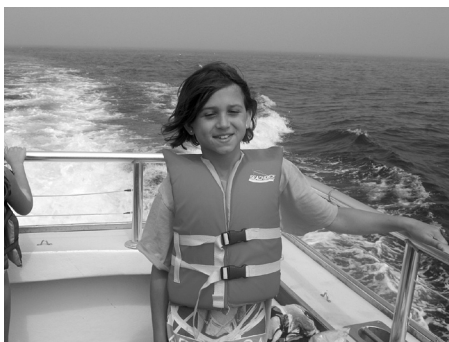
JC: Ellie Knott

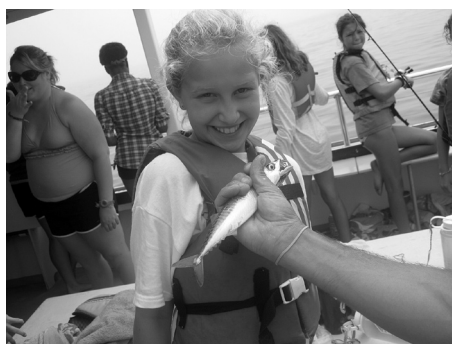
August 1

We left Wavus after breakfast. The drive to Bremen dock took about forty minutes, and we spent the ride singing old camp songs and making up some new ones! At the Bremen landing, we got onto the Snowgoose III to bring our things to Hog Island before spending the day on the Snowgoose III with Captain Duffy and First Mate Jonathan. The day was a little foggy, but we enjoyed the activities on the boat anyway, especially fishing, hauling lobster traps, and jumping from the roof of the boat into the water. After we had our great day on the Snowgoose we went back to Hog Island where we set up camp and while the counselors were cooking dinner the kids went into the lab with Ryan. After the lab the girls went and found a stick, which they used to cook hot dogs on an open fire while a couple counselors made some rice on the stove. After dinner the girls went and got some warm clothes on and we did s'mores. After s'mores we waited till it got dark and we went down to the water to look at the bioluminescence. After that the girls got ready for bed and after some giggling and whispering we all finally went to bed.

August 2

We woke up at around 7:30 and cleaned up our campsite. Once we were all packed up, we ate English muffins, cream cheese, and grapes. Carolyn from the Audubon Society led us on a





short hike while on the hike we stopped to explore for crabs and snails. We had a snack on the beach and played with the crabs and periwinkles along the shore. When we got back we had a nice lunch with everyone including Carolyn. Carolyn read us *The Lorax* by Dr. Seuss. Unfortunately it began to rain in the afternoon, so we played inside the fish house. It cleared up for about fifteen minutes, so we jumped off the dock into the water for a quick dip before heading back to the Bremen dock on the Snowgoose. On the way back we “mysteriously” ended up at J Scoop for ice cream. We all had a great time laughing and sharing many great memories!

Algonquin

HBC: Aileen Hurd

HBC: Kelly Gould

JC: Jess Reilly

July 24-25 -Damariscotta Lake Day 1

Algonquin left straight after breakfast to clear skies and surprisingly choppy waves. Many of the girls were inexperienced in paddling, but they did a wonderful job paddling to the point. The water was very rough, and one of the boats lost course and began to float towards the middle of the lake. The paddlers showed great strength and courage, however, by navigating the boat back on course and rejoining the rest of the group. By the time of the causeway, the girls were tired from the incredibly choppy waves. While taking a break at the floats, the Wavus speedboat came by and informed us that the water was too choppy even for Gash on their primer! So, the girls showed amazing endurance by turning the canoes around and returning to the

canoe dock. We all enjoyed the lunch we had packed for the trip and then readied for the night we were to spend on the point. The girls pitched their tents--most of them for the first time--and we prepared a dinner of shells and cheese. After dinner, we moved to the fire for s'mores and storytelling, and we had cozy round of circle time where the girls bonded over the day's adventures. The girls showed great bravery that night as they settled into bed, as most were sleeping outdoors for the first time. All finally slept well through the night and awoke to a brilliant sunrise over the water!

Day 2

After an early breakfast, the girls took down their tents and picked up camp. They learned to check for all of their tent parts and to clean out their dishware following the Leave No Trace policy. After picking up camp, we returned to Wavus and cleaned up the rest of the supplies from our adventure. The girls spent the rest of the morning on low ropes, emphasizing the teamwork skills they had practiced throughout their overnight on the Damariscotta Lake.

Snowgoose

Snowgoose was Algonquin's most relaxing trip! We headed to Bremen right after breakfast, and boarded the boat just before ten. Bill and Troy were so welcoming to the girls, and we boated past an old shipwreck before heading farther out into the bay to explore the lobster traps. The girls had a wonderful time holding the lobsters, learning about their habitat, and returning the smaller ones to the sea. After many smiles and many caught lobsters, we stopped by some islands so the girls could fish and enjoy the

beautiful surroundings. The weather was perfect, and the girls dropped their hooks into the calm sea under gorgeous blue skies. A few of the girls caught fish (one girl caught her first fish ever!), and we sailed to a quiet cove for lunch. The girls enjoyed their sandwiches before learning how much they love jumping off of the Snowgoose's roof. Everyone jumped at least once, and some jumped as many as fifty times! The girls relaxed the entire ride back to Bremen, and had a wonderful, carefree afternoon. They worked so well with each other and made the trip a great success.

Hog Island

The girls left for Bremen right after breakfast, just one day after their trip on the Snowgoose. They were truly able to experience the different aspects of Muscongus Bay by kayaking over to Hog Island. It was a slow journey at first because the waves were so choppy and rough, but the girls showed great endurance and teamwork in their paddle over. Half of the group even turned back in order to stay with their friends who were farther behind. Once we all arrived at the island together, the girls put away their kayaks and headed to the main part of the island. They enjoyed jumping off of the dock and swimming in the chilly seawater, and were able to relax in the sun for some time before heading onto shore for a tour of the museum and touch tank. The girls had a great time learning through experience of the local sea creatures by humming to the periwinkles and picking up the crabs. After a wonderful lunch under the blue sky, the group set out for a hike around the island. The girls made fairy houses and learned about the local wildlife, including their favorite pitcher plants



and Indian pipes. After the hike back, the girls prepared themselves for the paddle back. Although the paddle over had been difficult, they showed true spirit in agreeing to paddle back to the landing, and they all made it with ease. Overall, the girls had a wonderful and informative day under a shining sun, and they made it even more complete with their enthusiasm and endurance.

August 3-5- Camden Hills

Day 1

The cabin left right after breakfast for our one and half hour drive to Camden Hills. The car ride went well, and we arrived at the campsite right on schedule. The girls set up divided into their tent groups and set up their tents, this time more confident in their tent experience. After setting up camp, we walked over to Camden Hills State Park and began our climb of Mount Battie. Although a small mountain, the girls had a lot of fun climbing the rocky path and crossing the footbridge. At the top was a beautiful overlook with a stone tower. The view was gorgeous, and the girls enjoyed climbing on the rocks and looking out over the sea. The trek down went well, and the girls returned to camp happy and ready for swimming. They went swimming at a beautiful cove by Maiden Cliffs, and returned to the campsite for a dinner of stir-fry. Yum! All of the girls did so well sleeping in their tents in an unfamiliar location for the first time.

Day 2

Day two of Camden Hills, and we set off right after a breakfast of oatmeal. The girls learned the importance of Leave No Trace as they finished every last oat in their bowl, even if they didn't like the taste. After breakfast, we set out for Mount Megunticook, a very

strenuous mountain for the girls and counselors alike. The path was steep and very rocky, but the girls showed great endurance and strength in how well they reached the top. Around lunchtime, we reached a beautiful overlook of Mount Battie and the sea that we thought was the summit. The girls enjoyed their lunch and climbed over the rocks like little monkeys. We soon discovered, however, that the overlook was not the summit, and the girls were unanimous in their decision to continue to the top. On the way up, one of the counselors unfortunately hurt her ankle, and she showed wonderful courage in continuing to the top and then leading the girls down the mountain. We all continued back to our campsite, where we cleaned up, left to swim once again at the cove, and returned to a dinner of pasta with cheese. Unfortunately, the counselor needed to return to camp because of her injury. The girls were so strong in surviving the rainy and confused night, and they awoke to a glorious, sunny morning.

Day 3

We spent the final day of our trip at the same cove by Maiden Cliffs. The girls spent the morning picking up camp but right after, we left for the sea. The girls enjoyed the sandbox, little stream, and float out in the water, and they spent a lot of time enjoying the sun before sitting down for lunch. Lunch was a feast of the leftover food from our trip. After our meal, the girls enjoyed more time in the water before heading back to the van to return to Wavus. The girls had a great drive back, and spent the last hour having a dance party to some of the great music. Although we loved our trip, we were so happy to return to Wavus!

Mohawk

HBC: Margi Emhof

HBC: Mads Sneedeen

JC: Katie Danz

July 24-26-Mt. Blue State Park

Day 1

After a hardy breakfast and a farewell given by the rest of Wavus, Mohawk cabin packed the van and trailer and headed off on our drive to Mt Blue State Park. About an hour and a half later we arrived to the check in booth where we got some information about our surrounding area and continued up the road to find a lake, or “beach”, awaiting us. Sandwiches, consisting of cold cuts on wheat or pita bread, were made and bathing suits were put on. The girls enjoyed the warmth of the water for an hour or so and what seemed to be all too soon, we headed out and tried to dry ourselves with the use of the sun, since we didn’t bring towels with us. Once we were all dried, we switched out of our bathing suits and looked for our campsite. After a slight delay, which was a road that led to our campsite and lasted for twenty minutes, we made it! We unpacked the trailer and set up our tents. Dinner for the first night was hamburgers with avocado and chips and dessert were warmed apples, packed with brown sugar. With full stomachs, the girls headed for their tents around 9:30 for a decent amount of rest.

Day 2

Mohawk cabin was woken up around 8:00 to a day of what seemed like a perfect day for hiking. After breakfast that consisted of bagels, we gathered our daypacks and water bottles and headed back to the main camping site, where we stopped at the check in booth. There, we talked with the park

ranger and got a sense of where we were heading for our hike. We filled our water bottles from the spicket, quickly sang the Wavus Song for the park ranger, and began driving the short distance to Tumbledown Mountain. About fifteen minutes later we pulled into the parking lot and divided the bags of G.O.R.P up for the girls, and set out. The hike up started out pretty flat and somewhat boring for some girls, but tiring nonetheless. Once we got further into the hike however, all campers and counselors were forced to go on their hands and knees at times to get past the boulders. After a tiring climb that lasted about an hour and a half, we reached the top of Tumbledown and were taken aback by its gorgeous view. The top of the mountain was accompanied by beautiful lake, that was unfortunately too cold to swim in, but made for perfect scenery as we made peanut butter and jelly, or rather one or the other, sandwiches and ate candy that was sent by some parents. After about an hour of rest and pictures, the sun that was with us for the hike up went away and was replaced by clouds and wind and we headed down the mountain. Unfortunately we were hit by periods of rain that made for an uncomfortable, frustrating, and slippery climb down, but the group made it to the bottom in less than an hour without any major injuries. Once we got back to the campsite, we all tried to get warm by trading our damp clothes for dry ones and huddled around each other for body heat. The rain cleared up for the rest of the evening and night, but the clouds didn’t move. For dinner we had pasta with red sauce and for dessert we made s’mores. After a major sugar rush that the girls experienced, they were



in their tents by 8:30 and were asleep soon after that.

Day 3

The next morning we awoke to dark skies and a damp campsite. We were contemplating on doing another climb before we packed up our stuff but decided that the weather wasn't permitting us to do so in a safe manner. So we slept in until 9 or so and made oatmeal for breakfast. After a game of ninja, cards, and others, we broke down the tents and got our things packed in the trailer by 11:00. We drove for another two hours or so and stopped in town at Panera and filed in for lunch. As if our stomachs weren't full enough already, we stopped at J-scoop for dessert and talked about our favorite part of the trip and so forth. We got back to camp around 4:00, perfect time for a welcome back G-swim period!

August 2-3-Damariscotta Lake Trip Day 1

The day of our trip we woke up to a cloudy sky and a cold breeze blowing through campus. We had breakfast here at camp with the rest of the other cabins and after, we went back to our own cabin and began to pack our light load. We planned on shortening the trip because of the weather so instead of doing the long lake paddle we planned on making it to Treasure Island. We left camp around 10:00 and thankfully the sun began to break through. The condition of the lake was perfect; there was not a big current and the wind was minimal. We made it to the island in an hour or so and the girls were able to rest for an hour until we continued to J-Scoop. The girls all played card games on the island and we made lunch, which consisted of PB&J sandwiches and goldfish. Unfortunately, we saw

some threatening clouds rolling in so we decided to get a move on and continue paddling. With some strong winds picking up at the end of the trip, we were able to make it safely to J-Scoop, in time to get cover from the storm coming. The girls did exceptionally well in paddling against the hard winds - in fact, we made it to our destination in less than an hour. Because the weather was expected to get worse, a van was called for us and we were picked up and brought back to camp. The girls participated in their afternoon activities and g-swim. When it came to dinner time, we packed up our sleeping bags, tents, and food and walked down to the point. Once we got there, we pitched our tents and the counselors began making dinner, which was that of pasta and red sauce. For dessert we had cookies that were sent from home and a gigantic sheet cake, for Grace's birthday, that was made earlier in the day. After a quick sugar rush, due to the sweets, the girls retired to their tents for sleep.

Day 2

The next morning we awoke and immediately began to prepare for breakfast. Pancakes were made, both plain and fruit, and devoured within minutes. After the girls ate and the bowls were washed, we began to pack up our things so that we could get back to the main campus in time for morning g-swim. Although the trip was shorter than expected, we all had a really good time while canoeing and in pretending that we were really far from camp.

Snowgoose

Apparently Mohawk doesn't have the greatest luck with weather because again, we all awoke to a cloudy sky and a cool breeze. After breakfast we

packed our day bags with rain coats, sweatshirts, rain pants, and a bathing suit, just in case. Around 10:00 we filed into the van and began our trip to Bremen, where we would be picked up by the Snowgoose. The weather didn't get any better for us - in fact, it began to rain and we were hauling in lobsters. We did get to see some seals and pulled in quite a few traps. Because the weather was not cooperative we decided to cut the boat trip short and pulled over to Hog Island. There, Captain Bill and Troy made us a fire in the fish house, where we made sandwiches with peanut butter, jelly, nutella, and/or honey. After our filling lunch and an hour of relaxing, we decided to explore the island by going on a nature walk. We walked for about an hour, stopping on the way to make lean-tos and climb some rocks on the coast. When it came about time to get going, we turned around, packed our cooler and got back on the boat. Captain Bill and Troy brought us back to the landing and after bidding farewell we packed into the warm van and started our journey back to Wavus, after a trip to J-Scoop, of course!

Cayuga

HBC: Quail Bell

JC: Genna Spears

JC: Eden Walsh

July 22-23- Hog Island

Day 1

After a few days of settling into camp we headed out to Hog Island on Friday morning for an overnight trip. We kayaked from the Bremen landing over to Hog where we had a quick lunch and jumped into the ocean. A dip in the water was a must temperatures were in the 90s! After cooling off we

set up our tents and headed off for a nature walk. Along the way we found some interesting moss and had a good laugh making pretend mustaches with it. After our walk we played cabin-bonding games and enjoyed each other's company. Dinner was pizza and definitely a hit amongst the cabin. We ended the night with a walk in the woods by moonlight.

Day 2

We woke up in our tents around 7 and the sun was already beaming down strongly. It was another hot day! Breakfast was scrambled pancakes and syrup. After cleaning up from the meal we headed out on a stroll along the island. We stopped at a beach and waded in the water. Then we headed back to our campsite for sandwiches. Before leaving we took a final dunk into the ocean and then headed back to the mainland by kayak.

July 27-31- White Mountains

Day 1

Our day started out like any other, we had our normal breakfast inside Jewell but instead of going to morning activities the Cayuga cabin packed up all its gear into the trailer and we headed out for the White Mountains! We were officially on the road by 10:30 and arrived at Dolly Copp campsite at 2:30. Our campsite was in Spruce Woods sites 69 and 70. After camp was set up, we ate turkey, provolone and hummus sandwiches for lunch. The girls entertained themselves for a while by playing the 'animal game' and 'mafia'. For dinner we made a jambalaya mix with tomato, onion, green bell pepper and pepperoni. Everyone was in bed by 8:30 to get ample rest for our big day of climbing Mt. Washington.



Day 2

We had an early rise at 4:30 this morning. Had a quick bagel and cream cheese for breakfast and was on the road to Pinkham Notch by 6:30. We met up with Kieve to climb together. Our whole group consisted of 30 people. We all officially started climbing at 7:00 and took breaks about every forty minutes. From the trailhead to the summit it was 4.1 miles. Along the trail we hiked past the tree line, up boulders and into the clouds. We made it to the summit in four hours and fifty-two minutes, eight minutes shy of our goal. Once we got to the top, we all took in the gorgeous views and ate a peanut butter and jelly sandwiches. The counselors surprised the girls with a snickers bar for their perseverance up the mountain. Everyone was thrilled to be standing on top of the clouds we all even tried to catch one in our nalgene's. The trek down took almost as long as the trek up. We finished all of Mt. Washington in nine and a half hours. When we got back to camp everyone was starving so we cooked up bacon avocado cheeseburgers. Everyone had a full belly and was in bed by 8.

Day 3

Today was definitely more relaxed than the day we climbed Washington. Everyone was up by 9. For breakfast we ate oatmeal with blueberries and blackberries. Relaxed and hung around camp till about 11 when we caravanned with Kieve to the Emerald Pools. It was about a 0.8 mile hike in through a beautiful moss covered forest that lead to pools of emerald. Once we got there, everyone jumped off the boulder into the emerald pool then we prepared peanut butter and jelly pitas for lunch. We hung around the pools for a few hours and jumped off the

boulders numerous times. We got back to our campsite around 5 and it started raining so started to make pizzas for dinner underneath our tarp. The rain limited nighttime activities so everyone was in bed early.

Day 4

Today was very relaxing; the girls were sore and tired from climbing Mt. Washington so we hung around camp all day. For breakfast we ate pancakes then sang songs and played card games. We took them on a mystery van to the Pinkham Notch visitor center to buy them "I climbed Mt. Washington" stickers. Then we ate turkey and cheese sandwiches for lunch and snacked on goldfish and grapes. We explored our campsites and played fun games until dinner. All the girls helped prepare mac n' cheese for dinner that night. After dinner we went to the Kieve campsite to make s'mores, play games and hang around their campfire. We left around 9:30 and everyone was in bed by 10.

Day 5

We woke up around 8 and had a quick breakfast of oatmeal with blueberries and blackberries and an English muffin with jelly. All the girls helped pack up camp and load the van. We were on the road by 11 and headed back to the Wav. Along the way we stopped at McDonald's for lunch and at J-Scoop for a special treat.



Cherokee

HBC: Griff Griffiths

JC: Emma Murphy

JC: Molly Underhill

July 26-27- Hog Island

Day 1

The morning we left for Hog Island seemed to be the first cloudy day of second session at Wavus. While the cooler temperatures felt nice compared to the heat of the past few days the clouds made the paddle to Hog seem more intimidating. We met Ryan and Carolyn at the docks of Bremen after having breakfast at Wavus. We loaded all of our gear on to Ryan's little motor boat then carried the kayaks down to the water and started our paddle to the island. There was some wind and the waves were bigger than what we paddled through on Damariscotta lake the other day, but the girls pushed through and made it to the island very quickly. Once there, the girls set up tents, many of them for the first time ever. We ate a lunch of turkey sandwiches and fruit before Carolyn took us on a walk around the island. On our walk we talked about the different adaptations plants and animals have in order to survive on the island. We spent some time on the beach and played a fun game called camouflage, which involved hiding in the woods. We returned to our campsite and snacked on chips and salsa and explored the museum. In the museum was a touch tank full of seawater with animals and seaweed you could pick up, there was even a lobster. Griff cooked fajitas for dinner. After dinner it started to rain a little, but we toughed through the rain and cooked s'mores over the grill. As the sunset we took a sensory walk through the woods with Ryan where

he showed us a bog on the island and other ways to perceive the environment in the dark. We fell asleep to flashing lightening in the distance, but the girls were brave and fell asleep quickly.

Day 2

The next morning we awoke to a beautifully sunny day. After breakfast the majority of us went swimming. After drying off in the sun and exploring the museum a little more we hiked back down the coast. We spent an hour building intricate fairy houses and natural art, becoming more and more familiar with the environment on Hog. We had lunch and the girls answered trivia about animal and plant adaptations to win chocolate. We packed up our belongings and got back in the kayaks. We paddled to a sand bar made of shells and had a final chance to go swimming in the salt water. After paddling back to Bremen and putting the kayaks in the van we headed to Wavus (with a short stop at J scoop on the way of course). Overall the trip was a great success, with the girls becoming more comfortable with camping and with each other. Everyone came out looking forward to the upcoming trip in the white mountains.

August 2-6-White Mountains

Day 1

We packed up the van after our last wonderful breakfast in Jewell. The Cherokee girls said goodbye to their friends in Junior Wavus, knowing they would be gone by the time we returned from our trip. We blasted tunes, provided by Lily and Sarah and started our journey towards New Hampshire. We drove through rain, crossing our fingers that it would be over by the time we had to set up camp at Dolly Copp campground. Luckily

when we arrived there was a break in the rain, allowing the girls to set up tents and a tarp over our cooking area. Because of their practice on Hog Island, the girls were able to set up their tents together without the help of counselors. We used our afternoon to explore the Pinkham notch center which held a large 3-D map of Mt. Washington, which got all the girls excited for the next days' hike. With rain jackets on we took a short walk up the Tuckerman Ravine trail to see the Cascade waterfalls. For some of the girls it was the first waterfall they had ever seen! Even though it continued to rain, the Cherokee girls wanted to keep on hiking. The counselors convinced them that they needed to save their energy for climbing Mt. Washington the next day. We returned to the campsite, ate dinner, packed our day packs for the next day and promptly went to bed so we could wake up early the next morning.

Day 2

We woke up at 5:30 in the morning and ate a quick breakfast of cereal and fresh fruit, then drove to the Pinkham Notch center and started our ascent of Mt. Washington. The Cherokee girls were quick hikers and were very good about staying together as a single group. Everyone enjoyed the first views off of the Mountain as we turned on to the Lion's Head Trail half way through the morning. It was a moderately cloudy day, which the girls relished in, enjoying their first time touching clouds. We climbed up and up and summited before lunch. While excited to reach the top, the girls were a little disappointed that they were greeted by people who drove or took a train to the top. We took our picture around the sign then went inside to enjoy a

lunch of pb and j's, pretzels, raisins and a massive bag of Swedish fish. We passed the Kieve boys as we hiked down and took our time, getting back to the van around 6:00. Exhausted, we headed back to Dolly Copp, had a pasta dinner and easily fell asleep, feeling very proud of our accomplishment.

Day 3

We all slept in and had a warm oatmeal breakfast then got in the van and drove back towards Maine. We drove down some beautiful back roads and hiked .7 miles to emerald pools. We were the first people there and were amazed at what a beautiful blue green color the water was. The girls jumped off a fifteen-foot cliff into the deep water. Even though the water was really cold, the majority of the girls jumped off repetitively. Caroline and Julia jumped off fifty-three times, which we believe sets the record for the most jumps. We enjoyed our lunch of tuna fish sandwiches, and spent more time enjoying, relaxing in the beautiful setting. On our way back to the campsite in the afternoon the girls saw a rather large playground and decided they wanted to stop. The girls loved the hour we spent at the playground in Gorham. When we got back to camp, Griff taught everyone how to build a fire. The girls cooked their own hot-dog dinner over the fire, with Claire managing to eat six veggie dogs. It started to rain, so we moved under our cooking tarp and made scrambled brownies for dessert. With full bellies we headed to bed.

Day 4

Friday was another busy and fun filled day. We woke up early again and took a longer drive down through Conway to the Kancamagus Highway. We hiked about four miles up to the



peak of Mt. Chacurua. The girls were sore but kept up a good pace. The top of Mt. Chacurua is above tree-line and allows 360 degree views if the weather is right. Unfortunately it was a cloudy day but the rocky top was still fun to explore. It seemed like there were endless blueberry pushes at the peak of ripeness. We all took our time hiking, stopping to enjoy the fresh fruit. We ate lunch on the top then headed back down. For the afternoon we went to natural waterslides, also on the kancamagus highway, which everyone loved. There were lots of people there but the girls jumped right into the moving current and had wide grins as they were pushed over smooth rocks. The water was a lot warmer than at emerald pool, so we spent about two hours swimming, sliding, and sitting on the rocks. The counselors were very proud when the girls built their own fire at the campsite this evening. They cooked grilled cheeses over the fire and tomato soup on the stove. Everyone was full after dinner but managed to make some room for dessert. With the rain holding off, we were able to cook s'mores over the fire along with some candy, which was received by the campers but not allowed to eat in camp. We spent a lot of time laughing and joking around the campfire, wishing that our trip did not have to be over yet.

Day 5

This morning we slept to a reasonable hour and then awoke to the smell of Griff making m&m pancakes. After a filling breakfast we packed the camp site and the van making sure to employ the principles of "leave no trace". Once the van was loaded we left for a scenic drive through the White Mountain National forest and back to Maine.

A stop was made in Lewiston for an indulgent meal of pizza. Everyone was stuffed and very happy! The remainder of the van ride was relaxing until we returned to camp and reunited with our friends and siblings to share our stories.

Snowgoose

After indulging in a large Wavus breakfast the ladies of Cherokee piled in the van to head to the Bremen landing for a fun filled day on the Snowgoose. The morning was spent fishing around Muscongus bay. A few fish were caught and later used as bait for the lobster traps. When the campers lost interest in fishing it was decided that we would look for a nice spot to take a swim. Once we found a spot the brave of heart decided to jump off the roof of the boat. A frenzy ensued as nearly every girl in the cabin was plunging into the ocean from the roof in groups of two or three. The excited swimming session was interrupted by a large lunch of fresh veggies, chex mix, and pita sandwiches. The rest of the afternoon was spent swimming and jumping from the roof with a few Maine Trails boys from Kieve. The day ended with a nice cruise back to Bremen and a detour for some delicious ice cream at Round Top before returning to camp.



Omaha

HBC: Kate Adair

JC: Mandy Mathias

JC: Julia Welter

July 21-23 - Bigelow Mountain

Day 1

Omaha cabin set off after breakfast for the Bigelow Mountains. We reached our campsite in the late afternoon and set up tents. Our campsite was right on a beautiful lake and we had so much fun swimming. For dinner we made yummy burritos and Mexican rice. After dinner we had s'mores and spent a long time talking around the campfire.

Day 2

On our full day of trip we set off early to do a hike around Flagstaff Lake. After, we got on the van and drove to Sugarloaf Mountain. It was a really hot day and the hike was definitely challenging but we really got a chance to know each other and everyone left with a smile on their face. Back at our campsite we went swimming and then made dinner. We were tired from our long day of hiking and went to bed early.

Day 3

We woke up early to break down our campsite and after a delicious breakfast of S&M pancakes we got on the van to head back to the Wav. We were all so excited to get back to camp and even more excited for our upcoming trip down the St. Croix!

July 28- August 2- St. Croix

Day 1

Omaha cabin woke up bright and early on our first day. After a five hour bus ride to our put-in spot, we ate a quick lunch and unloaded our canoes and gear. We had a beautiful

day for paddling so we took our time and paddled to our first campsite at Cedar Point. After setting up tents, Omaha relaxed by doing Yoga on the rocks near the water. Everyone had fun swimming and taking pictures. We had cheeseburgers for dinner and headed off to bed to rest up for a full day of paddling.

Day 2

We awoke to another beautiful day on Lake Spednic so we took our time getting ready and enjoyed a hearty breakfast of bagels. After lunch, we loaded up our canoes and set off down the lake. In the late afternoon, the wind picked up which proved to be tricky for paddling across the open lake. We reached our next campsite, Squatter's Point, just before dinner. While the girls set up tents, counselors made a delicious dinner of burritos! We were tired from the day's paddle and excited to get into our tents.

Day 3

A rainstorm carried on all through the night and we awoke to pouring rain. We packed up camp as quickly as possible and put on our rain gear. After a quick breakfast of bagels, we decided to paddle through the rain to stay on schedule. The rain made for calm lake water and could not dampen our spirits! We spent our last morning of lake paddling singing songs and "rafting up" to take breaks. Everyone was so excited to reach the mouth of the river and it kept us all going! The rain stopped just as we reached Vanceboro. We pulled out just before the dam and ate lunch before putting back in after the dam. We were so excited for river paddling! The rain left us completely and our first day of paddling on the St. Croix was hot and sunny! We were all anxious to go through our first

rapids but everyone made it though and had so much fun! We reached our campsite at Little Falls and portaged all our gear to the site. We were tired from a VERY long day and enjoyed a big dinner of pasta with red sauce and cheese followed by s'mores. It felt good to be dry again and we all slept well that night.

Day 4

We woke up early and got on the river for another full day. We encountered many rapids on this day and everyone did so well! This was a long day of paddling but we had a lot of fun waiting for everyone to make it through the rapids and met a lot of people as we went. Everyone was impressed that the girls in our group were only 11 years old! The weather was beautiful again and we reached our fourth campsite on Loon Bay in the early afternoon. Loon Bay was our favorite campsite. We set up our tents, made a snack of rice pilaf and then went swimming! After lots of hair braiding and friendship bracelet making, we made pizza for dinner! Everyone was so full and excited to go to bed for our last full day of paddling.

Day 5

Today was our last full day of paddling. We didn't encounter many rapids on this day- but I think we were all wishing for some! We paddled through some of the wider parts of the river and the wind made the trip tough. We stopped halfway to take a nice long lunch and rest our arms. We had another warm and sunny day and everyone was getting excited about reaching the end of our journey. We reached our last campsite, Egg Point, in the late afternoon. Everyone had really gotten into the rhythm of setting up camp and we set up our tents in record

time. After a quick swim, we made our favorite dinner- Dank! Our Dank had five kinds of cheese, pepperoni, tuna fish, and hot sauce. Even though we were all so full, we made a batch of scrambled brownies to celebrate our last night. After dinner we sat in a circle and reflected on trip and the counselors gave everyone bracelets made out of green P-Cord that we had found at our campsite at Little Falls. We were so proud of all that we had accomplished and were so excited to finish the journey!

Day 6

Despite a rainstorm during the night, we packed up camp quickly and were on our way for the short paddle to our Grand Falls take-out spot. We sang "Just around the River Bend" as we paddled our last strokes and we're pretty sure everyone on the lake could hear us yelling, "I love trip!" We reached our take out spot and everyone was all smiles. We had done it- 50 miles down the St. Croix River! The One came to pick us up and after a much-anticipated lunch at Subway, we rolled back to the Wav with our music blaring! Everyone was so excited to see us and we were so happy to have finished the trip with amazing memories. OMAHA LOVES TRIP!!!!!!

Snowgoose

After another awesome Wavus breakfast Omaha piled into the van and made their way to Bremen to meet Captain Bill. We boarded the Snowgoose under a gray sky but we were all really excited for a day on the ocean. Captain Bill took us out into the bay and we pulled up lobster traps. We even got to hold the lobsters! We learned a lot about the islands and the people who make their living on the

water. We stopped for lunch and the sun slowly came out. Everyone got in their bathing suits and we jumped off the top of the boat! The water was really cold but everyone had fun. After swimming we pulled out the fishing poles and everyone caught a fish! We were all pretty tired on the ride back to the landing!



Ojibway

HBC: Emory O'Donnell

JC: Franke Wurzellbacher

JC: Christine Fogarasi

July 24-26-Bigelow Mountains

Day 1: Round Barn Campground

Bethany decided to join us for our 3 day trip since she had to drive us up there anyways. So we hopped in the van and drove 2.5 hours up to the Round Barn Campsite. We set up camp and then relaxed for the rest of the day. The afternoon consisted of swimming in Flagstaff Lake, walking around the beach, a small nature walk. Around 5, Emory taught a 45 min yoga class for everyone. We enjoyed stretching out and relaxing to the setting sun. That night was fajita night and then roasted smores over the camp fire.

Day 2: Burnt Mountain

We accidentally slept in 30 mins and rushed to get out of our campsite. Bethany drove us to Henry's condo on Sugarloaf and we got there by 9 am. He let us fill up our water jugs and then drove us to the trailhead. The girls rocked that mountain and we summited in 1 hr. 45 min. This is normally a 3 hour hike to the top and 2 hours down. We ate a lunch of PB&J up at the top, admired the landscape, and took lots of pictures. We stopped back at Henry's again on our way back to Round Barn and he gave us ice cream bars and let us use running water! About 30 mins after we got back to camp, Bank I Kieve boys showed up, they were doing the same primer. They set up camp around the same area and we decided to join forces for a fire after dinner. For dinner we had pizza, and smores again for dessert. Around the camp fire we talked about our hike and sang songs.

Day 3: Back to Wav

We slept in until 8:30 a.m. We had m&m pancakes for breakfast and were excited to do a short nature walk to a Hut (part of Maine Huts and Trails). Once we got there, we figured out that the "Hut" was more like a Lodge. It was completely self-sustained and catered mainly to cross-country skiers in the winter. Maine Huts and Trails is 180 miles long of a trail broken up by a series of huts, available to public use. It was beautiful. We ate lunch at the end of our walk and then piled into the van and headed back to wav! On our way home we sang to the radio and then stopped at Round Top for a delicious treat after a wonderful trip.

August 5-10-St. Croix

Day 1

We left Wavus at around 7 AM on the morning of Aug. 5. It was a five hour drive and we stopped for stopped for gas and candy once. We were dropped off at Castle Rock and ate PB&J for lunch after unloading canoes. The sky was blue and sunny. The girls were pumped to be on the water. After assigning canoes, we put in. The lake paddling was relatively easy at first and all were in good spirits. As we put in, we decided to surpass Birch Island, given that it is so close to the drop off spot. Unfortunately, it was not so clear where we were headed once we passed Birch Island, in the sense that it was difficult to identify the islands based on the map. The girls paddled on, however, for a total of four hours. We eventually found a lovely spot on the lake (not an actual campsite), but a usable area. The sunset was gorgeous and we all enjoyed a delicious meal of burgers or veggie burgers and salad.

Day 2

The morning sunrise was equally as spectacular as the sunset, but we let the girls sleep in for a bit, as they were tired from the night before. Having located ourselves on a map, we paddled a short distance to The Narrows, where we ate lunch and set up tents for the night. The weather was lovely and all girls swam in the lake, gathered firewood, played games, read, and relaxed. When it started to get late, we cooked the girls a Mexican fiesta, with chips, fajitas, vegetables, chicken, and Mexican rice. The day was perfect for the girls, who needed a rest day from the tiring paddle the day before.

Day 3

We woke to a thick fog floating over the lake, with minimal visibility. After letting the girls sleep for a few more hours, in hopes that the fog would dissipate, we served the girls a breakfast of sausage, bacon, cheese, and English Muffins. We headed off into the fog, sticking close together. By this point we also knew which girls were stronger paddlers and sternswoman. We placed them accordingly in canoes, since we knew it would be a long way to the mouth of the St. Croix. The paddle was tough and the girls battled winds on the lake that steered the canoes off course easily. Nonetheless, we arrived at Vanceboro for a lunch of PB&J and portaged without delay. The portage was only about a third of a mile, but it was the girls' first time portaging and they learned quickly. Immediately after we put in, we encountered rapids too difficult for 13 yr. olds. Two counselors ran the rapids, while one remained at the top with the girls and another at the bottom with the canoes. After the rapids, the girls got back into their canoes, but found the wind too difficult

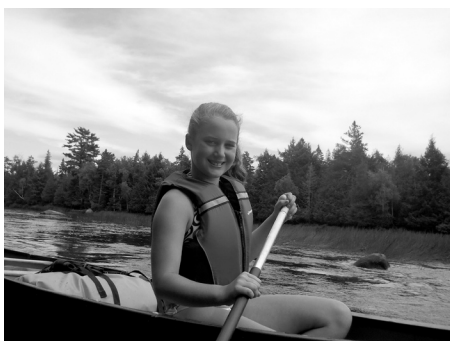
to handle. We pulled off to the side to spend the night, as the rain poured over our tents. Pesto pasta, parmesan cheese, and s'mores kept everyone warm through the horrific rain shower. The girls had an early night, playing cards in their tents.

Day 4

The morning was clearer, but a small drizzle persisted. The wind had died down and we hoped for clearer weather. The girls paddled through their first sets of rapids and found them surprisingly do-able. Though a few boats got stuck on rocks, the campers quickly learned how to maneuver their canoes and spot rocks before colliding with them. The fact that three canoes had 'duff' campers in them also proved very useful, as this provided the stern with an extra pair of eyes. After the rapids, we paddled through the pristine Maine wilderness on a calm river and ate lunch near Anse English Cove. The river was twisty and narrow and the weather cool. Showers of rain continued throughout the day, though at our one portage, the sun began to shine. We arrived at Scott Brooke campsite at around 4 PM. The campsite was spacious, with lots of room for games. We cooked a delicious meal of mashed potatoes, hot dogs, and spicy beans with salsa. While the combination sounds arbitrary, it was a huge hit with the girls, who came back for seconds, thirds, and fourths. Afterwards we popped some popcorn for a bedtime snack.

Day 5

We woke up to a beautiful day and made extraordinary time. The girls, though tired, were pro-paddlers by now, and the few rapids we encountered were a breeze. Though the morning seemed to drag on a bit, we



got to Loon Bay for lunch and realized we had made excellent time. We only had to get to Annaparina before dinner, which looked like a two hour paddle. Along the way, though, we had to make one stop for a portage. Upon arriving at the portage, we realized the path around the rapids was entirely unwalkable. A ranger appeared, though, and recommended that the counselors run the canoes through the rapids with gear attached. While the counselors paddled with all their might, the ranger lectured the girls on the history of the St. Croix. The break was perfectly timed and the girls were engaged. We put in and paddled all the way to our final campsite, Annapirana, which we realized was too small for a group our size. A quick paddle down the river, though, led us to an ideal campsite. We started a fire, made the girls pesto pasta, played some games, and ended the night roasting marshmallows. The girls were excited by how far they had come, despite the challenging days they had just finished. We went to bed at around 8 and all fell asleep immediately. We planned to get up at sunrise to complete our journey with a sunrise paddle.

Day 6

Breakfast consisted of a granola bar, to get the girls moving immediately. Unfortunately the sunrise paddle did not include a sunrise, since the sky was too cloudy to see the sun. In the chilly weather the girls used all their might to get to our pick-up point. Snacking on the remains of their GORP bag and cheering one another on, they slowly made their way up the St. Croix to the bay present right before the road. The bay was extremely difficult; all the rivers' current was gone and the winds were not in our favor. The Boy

Scouts who passed us – the only other river dwellers we saw on the trip – were impressed by our girls' skill and perseverance. After leaving the campsite at 6 AM, we pulled into our pick-up point at 9:45 AM, half an hour before pick up! On shore we cooked hot chocolate, filled our bowls with cereal, and made peanut butter pitas. Everyone changed into dry clothes and boarded the bus. Halfway through the ride, we stopped at Happy China, where the buffet included everything from French Fries to bean-sprouts to pizza to spring rolls. Yum! We arrived back at Wavus a little after 4 and were all glad to take hot showers.

Snowgoose

For our day on the Snowgoose, we left camp at around 9:30 singing to the radio in the van. We pushed off into Muscongus Bay by 10:30 boating around and picking up all the lobster traps. Of the 5 traps we stopped by, there was only one lobster that we didn't have to throw back because it was big enough. Then we boated to our swimming place near an island and had turkey sandwiches and hummus sandwiches (for the vegetarians) for lunch. After lunch, almost everyone jumped off of the roof of the Snowgoose. Mary and Arianna ended up jumping off 24 times despite the foggy, cold weather! On our way back to shore captain Bill gave us each a Snickers bar and we stopped to do some fishing. There were so many fish! Some of us caught up to as many as 21 fish! They were small and we threw them all back in the water. By the end of the day we were all happy and tired and ready to get back to Wav.

Abenaki

HBC: Kayleigh MacFarlane

JC: Krista Cote

JC: Marge Tucker

July 25-26-Damariscotta Lake

Day 1

Today we woke up at camp and had breakfast with everyone and then headed off to Punk Point for our overnight! It took us almost 5 hours to get there via canoe. The winds were rough and it took a lot of strength and coordination, but we all finally made it to camp! We had a ton of fun playing improvisation games and cooking dinner and dessert. We headed to bed early so we could head out early the next day to beat the wind!

Day 2

Today we woke up in our cozy tents and packed up camp! We were hoping to beat the winds, but they were still bad enough to slow us down. However, we only took two hours to get back. We took a few breaks and our canoeing skills were getting better every second! We got back to camp and were warmly greeted and made plans to get J-Scoop as a reward later in the week. We love camping!



August 2-7-Baxter State Park

Day 1

Today we drove to Baxter State Park where we set up camp in the rain. On the way there all of the gas stations were closed because of an electrical storm, but we finally found one right before entering the park! On the car ride we sang a lot of songs and it was really fun. After we had set up our tents and saw a moose we found out that Kieve was camping right next to us! We hung out with them a lot and played one of our favorite games – Sardines. Overall the day was a lot of fun!

Day 2

On the second day of our trip we did a short nature walk that was about four miles there and back. We hiked to the Big Niagra Falls and saw some other falls on the way. They were really magical and it was really relaxing to sit on the rocks and eat our granola bars. We also saw a little baby fox and it was very exciting! We had a great day, along with our many others.

Day 3

Today we went on another awesome nature hike after an awesome breakfast made by our awesome counselors. We





saw a lot of moose poop and were on moose lookout, but we didn't see any! We had a ton of fun hiking through the woods and singing songs while we walked. When we got to a river crossing we got to choose whether we would walk across to eat lunch or to say totally dry and eat lunch on the bank. Most of us crossed over and skipped rocks as we ate our delicious sandwiches that we had made that morning. After our hike back we headed over to the natural water slides and slid around for an hour or two! It was so much fun and we couldn't wait to eat a hearty meal and get ready for Katahdin the next day.

Day 4

Today we got up at 3:30 a.m. so we could have a nice and early start for Katahdin! We had bagels and cream cheese for breakfast, which was eaten in the van. Then at 5:30 we started hiking. The first couple of hours were pretty steep with a few breaks to get some water and granola bars. At about 10:00, we left tree line and started bouldering. The views of the mountains were incredible. We shimmied ourselves over rocks the size of small cars for another hour and a half before reaching table top where we stopped for granola bars and pepperoni. After our break, we continued bouldering. After one extremely convincing false peak, we walked across a flat, bushy field. We stopped for PB and Jelly sandwiches, but then we eagerly continued our way to the top. Finally, at one p.m., we reached the summit where we ate apples, took pictures, and performed the fanny pack song. We were literally in a cloud, which was AWESOME! But then we started our slow trek down and arrived at the van at seven p.m., and back to camp at eight.

Day 5

After our strenuous hike the day before, we decided to have a pretty chill day and hike to a nice swimming hole. We had a ton of fun swimming around some waterfalls even though the water wasn't deep enough for us to jump off of the edge. We lounged around for about 2 hours and headed to an awesome park with a beautiful view to cook up some Philly-Cheese-Steaks for lunch. We had fun hanging out and talking about our amazing achievement the day before. Afterwards we returned to the waterslides to slide around and splash around in the water! It was very sunny and crowded so we soon headed back to camp and welcomed home the boys from their Katahdin hike!

Day 6

Today was a great day! We woke up and got all packed and ready to head back to Wavus! We were so excited for J-Scoop and to finally return to camp. We went to lunch at Uno's Pizza and everyone was very pleased to eat real food, drink real drinks, and to use a real bathroom. We headed back to Damariscotta Lake and had Ice Cream at J-Scoop and then had a glorious return to Wavus. Everyone was so excited to have us back and we got right back into the swing of things with a delicious dinner and an awesome dance party.

Shawnee

HBC: Alex Danz

JC: Christine McCormick

July 21-22-Damariscotta Lake

Day 1- EMILY TOWNLEY

We woke up in the morning and carried all our stuff down to the Jewell. After breakfast, we made sandwiches for lunch. We then went down to put

our canoes in the water. From the get go the wind challenged us, but we kept trying/ all the paddling through the wind really tired us out, especially our counselor Hayley who had to be evacuated with the stomach flu. After we set up camp we had Mexican chicken wraps for dinner with chips and guacamole and s'mores for dessert. We also played a few games before retiring to our hot, stuffy tents. Many people were unable to fall asleep, but one by we caught some z's.

Day 2- NATASHA LOWITT

We got up at 5 a.m. sharp to get an early start on the day and avoid the wind. Feeling rather lethargic, we ate cold bagels with cream cheese, jelly or both. As the sun was slowly creeping up the horizon as we paddled through the motionless water that was as smooth as glass. We paddled continually until we arrived at Echo Island. There, we tied up the canoes and swam around the island. We had crispy granola bars and apples to keep us energized as we had to paddle around the point back to camp. The trip back from the island was relatively effortless compared to the day before because the wind had not kicked in yet. Soon enough we arrived at Wavus and unpacked.

July 27-August 1- Baxter State Park

Day 1- CAROLINE PETERS

Today we woke up at 7 am, finished packing and began filling the van. After breakfast, we made our lunches, ham or salami on wheat bread with cheese. Finally, we got into the van and were on our way! In Augusta we stopped at a Hannaford for a bathroom break. We got back in the van and were heading for the north entrance of the park instead of the south. Most of the people who we asked for directions

gave us the wrong way. Finally, we asked a guy at an ice cream store who gave us the right directions, but that just made us all crave soft serve ice cream. We arrived at the campsite at 5 pm. We unpacked the van and pitched our tents in the rain and had burgers with avocado and cheese for dinner. We brushed our teeth and hopped into bed, excited to hike Katahdin in the morning!

Day 2- GRACE ROBINSON & BROOKE KELLY

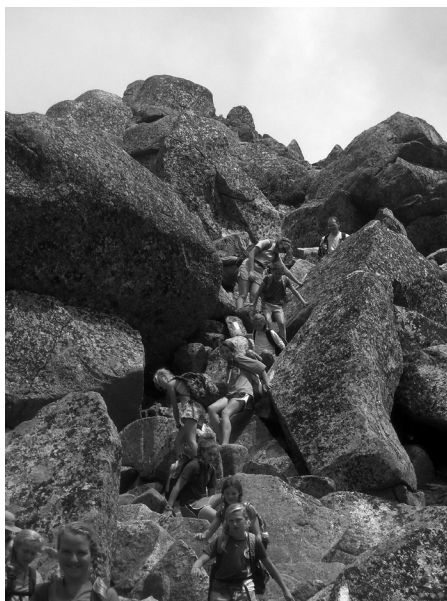
We woke up at 4:45 a.m. and jumped into the van where our already-packed day packs were waiting. We quickly ate our breakfast bars on the way to the Katahdin trail head. We signed in and were on our way by 5:30 a.m. It took us about half an hour to get to the start of the Hunt Trail. After that, it took us about an hour and a half to get above tree-line where the bouldering began. This was the hardest part so all of us kept on encouraging each other. At 9:45 a.m. we reached the point where we had about a mile left to get to the summit. The last mile looked like grasslands and felt like forever. At 11:00 a.m. we finally reached the summit. There we were greeted by fellow day hikers and A.T. finishers. We ate our lunch of PB&J's on pitas, snickers bars, carrots and water. We took a lot of pictures and rested until we started to get ready for the long way down. The topmost mile took about half the time coming down than going up. When we reached the boulders we had to be really careful because it was very steep. We all thought it was scarier going down because we could see the steepness of the mountain. We got back down to tree line at 3:30 and stopped at the waterfall soon after. We reached the Katahdin trail head at 4:30. It was a great day.

Day 3- HALEY MCGLOON & LOUISE DE LEYRITZ

Today we had a resting/duff day. It was nice! We all slept until 8 and ate pancakes for breakfast. They were so good! After that we packed up at day pack and headed off to the natural waterslides. The water was freezing cold, but we all went in and had a blast! We stayed until about 2 and had personal pizzas for lunch. After we left the slides we force about an hour to refill our water jugs at the trading posts down the road. In the back of the van we all told scary stories and got really scared. The drive back felt really long. When we finally got back to the campsite, Foster Field, we made ravioli and pesto for dinner and had oranges for dessert.

Day 4- MEG FEAREY & GEORGIA BROWN

Today we woke up late after a long night of heavy rain and lightening. We ate bagels with cream cheese and jelly, it was good. Then we drove to the Sentinel Mountain trailhead and began





hiking. It took one and a half hours up and down. It was slippery but the view was well worth it. The summit was cleared with trees and we could see in all directions. We had peanut butter and jelly with honey for lunch on the summit and headed back down. When we got back to camp we headed back to the natural water slides, which was just as much fun as the day before. We had macaroni and cheese for dinner and roasted apples with brown sugar and cinnamon over a fire for dessert!

Day 5- COURTNEY CLOSE

Today we hiked to Big Niagara Falls via the Daicey Pond trailhead hiking south on the Appalachian Trail. When we got to the falls we played moose master and signs. The water was too rough to go swimming in so we just took in the views and relaxed. Once we got back from our hike we headed to Kidney Pond to meet Ranger Dean for an afternoon of service. We moved back into the back of a pickup truck and moved a wood stack to a different location so a wall could be built. After that we painted a new coat of paint on a shed and before we knew it we were eating lunch. Finally, we went to the water slides for one last time where we spent time with Banks II.

Day 6- ELEONORE EVANS

Today Shawnee woke up at 3:30 am. We packed up our personal gear, our tents, and then loaded all of our things in to the trailer. We then climbed into the van and drove for a little over an hour to the South Turner trailhead. We hiked the mountain with South Harris, a cabin from Kieve who was doing the same Baxter trip as us. We were an hour early, plus very tired so we took a nap in the van after an hour, Kieve arrived and we were all ready to hike! After an hour and a half of hiking we covered 2

miles and reached the summit. We took a 30 minute break and snacked and took picture. Descending South Turner took no more than an hour. Shawnee then all hopped into the van and started our drive back to the WAV! When we reached Augusta, we all paid a much anticipated visit to Panera Bread for lunch. We then kept driving and visited J-Scoop for some yummy ice cream. We arrived at Wavus at 4:15 pm and were greeted by smiling and happy faces and had a wagon full of mail!

August 9- Beach Day

ALEX DANZ

Weather called for blue skies and sun so the Shawnee cabin hit the beach! We left camp at nine and drove to Pemaquid for the day. The girls made friendship bracelets, read books and played lacrosse. When the heat got to them they jumped in the ocean, but the frigid temps made it a little difficult to stay in for very long. Ellie and Lindsay, the interns, came with us and helped make pizzas over the Coleman for lunch, they were delicious! After lunch, snacks and candy, of course, we made our way back to Jefferson where we went bridge jumping for our own little G-Swim. We had a great day!

AT Sea I

HBC: Helena Turner

JC: Alexa Fiszer

JC: Bailey Sitz

July 23- Ragged Mountain

Today we woke up pumped for our primer. To prepare for the weight we would be carrying on our back later in the session, we packed extra heavy gear in our intense hiking backpacks. After a hearty meal of English muffins with egg and cheese, we piled into the van.

During the 45 minute drive to Ragged Mountain, we sang songs and played the pow game. We pulled into the lot eager to hike. We kept a steady pace with very few breaks. As we got higher we found Maine blueberries – the perfect hiking snack. Within an hour and a half we summited and had our sandwiches. With the empty sandwich bags we collected blueberries for the hike down. At the top we also practiced peeing in the woods. Our descent was much easier than the way up, and we flew down. Seeing that it was scorching and we were sweating oceans we went to J Scoop fully equipped in sports bras and shorts. Back at Wav we finished off the day with an awesome pool party. Yeah buddy!!

July 27-31 Muscongus Bay

Day 1

On the first day of our trip, we were nervous but very excited to get going. We loaded up the trailer and van with our gear, which would meet us at the bottom of Damariscotta Lake, and set out. We paddled down through Damariscotta Lake, getting used to our boats. Helena flipped her boat trying to tow Molly and Emmy, but other than that it was a very smooth trip. We stopped at Kieve's Wescott Point for lunch before continuing on our way. When we reached the bridge at the Damariscotta Mills we were greeted by a number of local youths jumping, splashing, and playing, which was a fun thing to see. We pulled our boats up at Russ Williams' house so that we could load them onto the trailer and set off for Bremen. When we arrived at Bremen we packed up our personal and group gear in drybags, distributed the gear across all of the boats, filled up our water jugs, and we were off for Hog.

We pulled into a beautiful sand beach, set up camp, and settled in for our first dinner and night on trip. Chicken and pesto...yum!! A big thanks to Ryan and the Audubon for such a gorgeous campsite and tent platforms!!

Day 2

After waking up early and talking to a fellow camper on Hog, a man who was taking vacation time to paddle the Maine Island Trail, we took some pictures, packed up our boats, and set out for Thief Island. While our breakfast of scrambled eggs wasn't our favorite, the protein helped us get through our first full day of paddling. As we were still adjusting to our boats and the rhythm of paddling with a partner, the paddle seemed long, especially for those of us with stomach aches (Hi Molly!). But in a short while we had arrived at Thief Island and began to settle in to life on the trail. We had a lunch of pitas with PB, jelly, nutella, and/or honey, which rejuvenated us enough to inspire some exploration of the island. The island was beautiful, with a picnic table on the northern point that we were able to use for meals and hang out time. We watched the sunset as the tide came in, pulled our boats up far enough that the tide wouldn't threaten them, tried not to lose the boat belonging to our friend we met the day before, and settled in for a relaxing night of sleep. Today also marked the beginning of our Wag Bag use, our FAVORITE part of the whole sea kayaking trip.

Day 3

After attempting to wake up early for a sunrise paddle, we determined that it was too cloudy and cold, so we slept in. We woke again to still cloudy skies, but knew we had to push forward. As we packed up camp and made delicious

pancakes, the fog began to lift and the skies cleared. With markedly better weather, we set out for Black Island. The wind, given our late start, had picked up, and some of the swells we faced in Muscongus Bay today were intimidating. But we arrived safely and to a warm welcome from some workers with the Maine Island Trail Association. Even though they thought we were Chewonki, they were nice to us. We unloaded our boats, set up camp (including the “poop tent”, which spent the day in the hatch with our used Wag Bags) in a beautiful clearing, and went down to the warm rocks to talk, laugh, and nap in our sleeping bags. After nearly three hours of very enjoyable down time, we made English Muffin Pizzas for dinner and went to bed early, with hopes again of managing a sunrise paddle the next day. Storms came in through the night and our counselors kept going to check on the boats, but luckily they had nothing to worry about, our gear was safe and sound on the beach the next morning.

Day 4

The weather again foiled our attempts at a sunrise paddle, but by the time we got on the water for our long paddle to Ames Island the skies were blue, the wind was low, and the tides were with us. We paddled for a few hours in the beautiful weather, pointing out seals, lobster boats, and particularly interesting buoys, all of which Ellery said she wanted to hang up in her room. We arrived at Ames and set up camp quickly before setting out in search of the island’s famous landmarks – water, a toilet, and a gazebo on the southern point of the island. We found the toilet and gazebo quickly, but later on had to paddle a short way to get water – a big thanks to Bailey and Alexa for going

on that adventure! Some of us read and made bracelets on the rocks while others scoured the shoreline looking for buoys. Sophie even found one that matched her bathing suit!! We had a dinner of fiesta rice and tortillas before an early bedtime.

Day 5

At 5:15 a.m. we had an early start to our last full sea-kayaking day by watching the sunrise and sitting on the rocks by the ocean. From our early wake-up we had a quick breakfast of granola bars and packed up our site. We paddled near Brement Long Island and Cow Island before arriving at Bremen. Once at Bremen, we had an oatmeal lunch and played games on the dock. It was cool and refreshing to go into the ocean. We unpacked our boats and made sure that our gear was tidied up and ready for resupply. After getting organized, the cabin quieted down for a rest hour but was ready to paddle out to a little beach on Hog Island for some fun. A short paddle brought us to a beach with a sandbar. We arrived after a brief pit stop when Bailey flipped her kayak in a particularly windy area. When we got there, our counselors gave us henna tattoos and we got a surprise visit from Henry Kennedy! Once we paddled back to Bremen, after a few hours of henna, swimming, and even a few pieces of candy at the beach, we enjoyed a pesto pasta dinner and a delicious s’mores dessert. We all fell right asleep knowing resupply was on the way.

August 2-5- Bigelow Mountain

Day 6

We woke up early this morning ready for resupply! Everyone finalized what we were keeping before sending stuff back to Wav. When we got picked up everyone was anxious for the

switch from sea kayaking to hiking. In the van we read mail, ate candy and munchkins from Dunkin Donuts, chatted, and slept. We passed Wav on our three-hour van ride from Bremen to the Bigelows, and everyone wanted to visit. A few people napped while others made friendship bracelets. For lunch we had Subway and then went on to the mountains. We chatted briefly with AT Sea II and shared our new knowledge of sea kayaking, giving them a bit of advice before starting off on the Appalachian Trail. One of the first people we met was a nice man who was hiking with his pet goat named Moose. We took some pictures and said goodbye to our first AT friend. After our five mile hike we reached our campsite at Horn's Pond. We exploded our packs and then bombproofed our campsites. It took a while to get the hang of, but we knew it was our first time and that it would only get easier from here on out. After eating fajitas for dinner we played cards and talked with the kids at the neighboring campsite. They were a co-ed group from Cragged Mountain Camp in Freedom, NH. We all went to bed in high spirits ready for the next day.

Day 7

We woke up at Horn's Pond and had a breakfast of bagels and cream cheese. We needed to get rid of the cream cheese so some of us ate it (thanks, Ellery and Britt!!). Britt introduced us to a game called Word Assassin in which each player is assigned the name of another player and a word. The object of the game is to get your assigned person to say the word that went with their name. When they say it, they are out and they give you their person, until there are only two people left in the game – the ultimate

championship. The hike started, and with it came all sorts of conversations. With conversation came a number of assassinations – people were dropping like flies. The hike wasn't particularly difficult – it was about three miles up to West Peak, the tallest peak of our trip and the peak of Bigelow Mountain, and then two tenths of a mile down to the Myron Avery Memorial Campsite. Some people weren't feeling well so we decided to set up camp. It started to rain, then thunder and lightning. Our decision to stay put, rather than to push forward and hope to be able to gain a rest day, was looking better and better. We had rest hour, where some of us napped and some of us broke a tent. Dinner was grilled cheese and soup, which warmed us up and set us up nicely for an early bedtime.

Day 8

We woke up late but got a quick start from our campsite to Avery's Peak. It was a quick hike, but was rocky and steep. It took us about thirty minutes to summit. It was cloudy at the top but when the clouds cleared we had a beautiful view of Sugarloaf Mountain. Our descent was a bit slippery due to the previous night's rain. However, because it was downhill we joked that Mr Appalachian must have really wanted to hurt our knees because it was so steep and rocky, but we were just joking and we were injury free. Our game of Word Assassin continued and was a huge hit, especially when Sophie got Helena out by getting her to say "map" in the ultimate championship. We arrived at our campsite and quickly set up our tents. We had a long, peaceful, and much needed rest hour and then we had dinner. Dinner consisted of potato pearls and corn, and we finished the day very, very full. After dinner we



read from Charlotte's Web and went to bed happy and exhausted. Overall it was a great day!!

Day 9

We woke up this morning at Safford Notch Campsite well rested and excited for the day. The counselors took down the bear bags and started to cook us oatmeal for breakfast. We packed up quickly and were on our way for a five-mile day. We arrived at Little Bigelow Lean-To tired, sweaty, and more ready than ever for a swim. Luckily Little Bigelow is situated just next to some fantastic swimming holes, and we took advantage of them. We swam, washed off, swam some more, and just generally enjoyed what the site had to offer us. After a delicious dinner of "dank", or mac and cheese trail style, some people went swimming again, and later we all enjoyed popcorn prepared on the stove by Bailey. A number of thru hikers joined us over the course of the night, and to the benefit of all of us, we were able to unload some extra weight in the form of extra pepperoni sticks. The thru hikers were very grateful, especially when we offered to carry a bit of trash for them, as we would be heading out of the wilderness just a few days later. We went to sleep tired from hiking and swimming, but very happy and ready for the next day – our longest day of the trip.

Day 10

We woke up bright eyed and bushy tailed to enjoy our breakfast of bars and to hit the trail for our seven mile day. We were all thankful that the terrain was starting to flatten out, and we were able to enjoy the descent of Little Bigelow Mountain right off the bat. After having a pretty consistent pace over the course of the trip, the combination of descents and flats

enabled us to nearly double our usual pace! We were so proud of ourselves and very surprised at how quickly the trail was beginning to pass us by. We stopped in the shade at a gravel logging road for a lunch of pitas and PB/jelly/nutella/honey, which made the hot weather and humidity seem far, far away. We discovered that this logging road was surrounded by an abundance of near-perfect hiking sticks, so many of us took advantage of this fact. Sophie found a great hiking stick, but unfortunately it turned out to be a tree, and it was a bit too tall for her to use. We continued on our way with a few well-timed breaks and rolled into West Carry Pond Lean-To ahead of schedule. We spent the afternoon swimming, making friendship bracelets, and playing word assassin – all our favorite activities, and a great, relaxing way to spend our final afternoon and evening together on trail. We were excited to sleep in the lean-to on our last night together on trail, and were excited for our pick up the next day, anxiously awaiting our return to WAV. We went to bed early to prepare for our early wake up to meet our pick up the next morning, and were eaten alive by mosquitoes the whole night.

Day 11

Following an early wake-up and a breakfast of granola and pow cow, we bid farewell to West Carry and hit the trail bright and early. With a six mile day ahead of us we knew we would have to keep our pace up, and we managed this without much trouble at all, thanks to high energy levels, flat terrain, and our mounting excitement about returning to Wav. We stopped for a bathroom break and when Ellery asked Helena how much longer we would have to hike before we reached

the Main Logging Road, our pickup point, she said, "Probably between five minutes and one hour." Ellery didn't like this response very much, but to our collective pleasant surprise we reached the road just moments later. We organized our things in anticipation of our pickup, ate some granola bars, and continued to work on friendship bracelets and relaxation. After a little over an hour we heard the telltale BUMPBUMPBUMP of a box trailer and "Walk It Out" blaring on the speakers and we knew we were about to head home to Wav. Helary and Liz Jones greeted us with hugs, news, and Snickers bars, and we piled our smelly stuff into the trailer and our smelly selves into the van. We headed home via Big G's and arrived at Wav just in time for Gathering Circle with blaring tunes and broad smiles. AT Sea I was a cabin that knew and found again the meaning of laughter, goofiness, hard work and friendship.



At Sea II

HBC: Amy Davis

JC: Katie Paige

July 23- Day Hike

In order to prepare for our A.T Sea trip, which consists of 11 days of hiking and sea kayaking, we went on a morning hike in Camden Hills. We arrived at the Georges Mountain Pass trailhead, and began our journey up the mountain. We enjoyed a few breaks along the way to the top, stopping to admire the wild blueberries and the views through the trees. The girls were excited for their first hike of the season and flew up the mountain with no trouble at all! We reached the peak of Ragged Mountain just in time for lunch. We lounged on the flat rocks of the summit, enjoying the beautiful view of the surrounding mountains, oceans, and islands.

After returning to camp, we decided to extend our primer by kayaking to J-Scoop. As a change from the usual Fun-Yaks, all of the girls got a chance to try out the sea kayaks we would use on our trip. It was a bit more challenging than we had expected due to winds, but the promise of ice cream kept us going. Once we were finished with our ice cream, we headed back to Wavus, enjoying the beautiful weather along the way!

July 27-31- Bigelow Mountains

Day 1 -West Carry Lean-To

On our first day of trip, we got up bright and early to finish packing and cleaning up our cabin. We ate breakfast with the rest of camp, then packed our backpacks outside Jewell. We were on the road to the Bigelow Mountains just after 10am. We listened to our favorite cabin playlists and sang along on

the way to get everyone excited! We arrived at the trailhead and hit the trail by early afternoon. We hiked steadily until we reached beautiful Sand Beach on East Carry Pond where we took a break to eat some GORP and stick our feet in the water. We hiked at a good pace for the rest of the afternoon, then arrived at West Carry Lean-To in time for dinner. The hike today was mostly flat, but we were all adjusting to our heavy packs – even though most of the group had never carried so much weight, we kept our spirits up and encouraged each other! We really deserved a Wavus favorite for dinner tonight: fajita chicken with Mexican rice and beans! It was a long day for all of us, so we got to bed early to prepare for the hiking days ahead of us.

--Amy Davis

Day 2 -Little Bigelow Lean-To

Today we got up at 6:30 am to prepare for the 7-mile hike ahead of us. We had a scrumptious morning meal of fresh cream cheese, grape jelly, and crisp bagels! After taking down our tents, we hit the trails at approximately 8:15 a.m. The hike started out a bit flat, but quickly tuned upward. The mountain seemed steep, but our spirits were high! We had some rough moments, but we pulled it together as a team. We found a stunning beach with smooth, grey stones and gently lapping waves where we stopped to each lunch. There we sat for a peaceful hour, collecting our thoughts about the upcoming days. Our pace for the rest of the day was light yet determined. Along the way, we met some cheerful hikers who shared some of the wisdom they had gained during their journey on the Appalachian Trail. After many tedious, tiring we reached our campsite at last! After setting up our tents and

looking for a misplaced jar of peanut butter, we took a dip in the crystal clear stream nearby. After that, we had the opportunity to reflect and nap with our cabin mates. About an hour later, we delightfully sat down for dinner. Afterwards, we washed our dishes and let the magic of the forest lull us into a deep slumber. -Hannah Hicks

Day 3 -Safford Notch Campsite

Today we arose from out sleeping bags at 6am and packed up our tents and headed to breakfast at 6:15am. Breakfast was oatmeal and dried peaches, which were very good. We headed out on the trails at 8am and began our journey. The trails were hard some of the time, but our breaks were refreshing. We ate lunch on the peak of beautiful Little Bigelow Mountain where a nice breeze cooled us off. We had pita bread with cheese and pepperoni which was very yummy. After lunch, we headed to our campsite to complete the journey of 5 miles that day. When we finally got to the campsite, we set up our tents and cooled off and reflected on our day. There was also a nearby stream that we went to in order to get water for our hike the next day. We had the most amazing meal for dinner: pasta with peanut soy sauce! We enjoyed it very much, and had Twizzlers for dessert. Today was really fun!

--Rhannon Fletcher

Day 4-Horns Pond Lean-To

We woke up this morning and had a breakfast consisting of oatmeal and Honey Bunches of Oats cereal. Yum! Today we climbed Avery Peak. It wasn't so hard at the bottom but got much steeper towards the top. We took only a few breaks and climbed it in two and a half hours! Soon enough, we were at the top. Unfortunately, it was

very foggy on the peak, so we couldn't see the view. It was also very cold so we had to put on our fleeces and our rain jackets. After a long break (with Snickers bars!) on the summit we checked out the nearby campsite and found it was too small and had too little water. So we hiked 3 more miles (hiking we were supposed to do the next day), and finally arrived at Horns Pond Lean-To. It was very nice and we all got to swim in the pond. After a eating a good dinner and playing a trivia game with the ranger, we all went to sleep!

--Linzi Mund

Day 5-Cranberry Stream Campsite

Today our counselors let us sleep in until 8 a.m. When we woke up, the counselors greeted up with some delicious M&M pancakes. Then we packed up our campsite and hit the trail! We started at Horns Pond and hiked about three miles to Cranberry Stream Campsite. The hike was challenging but still fun! We ate granola bars for lunch on trail. We got to our campsite around 2:30 in the afternoon. We relaxed for the afternoon and then our counselors made us made us macaroni and cheese and tomato soup for dinner. After dinner we all hung out together and then went to bed excited for the days to follow!

--Morgan Palmer

Day 6 -Bremen Landing

Today was our re-supply day. We woke up at 8 a.m. and had oatmeal and dried peaches for breakfast. After packing our tents and packs we started a pretty easy hike, only .9 miles, to the road where we were getting picked up. Once we got to the road we had more than an hour to spare so we organized our gear and made some left over rice and beans as a mid-morning snack. Once AT Sea I came to pick us up we gave them our packs so the could use

them for the hiking portion of their trip. After that we all piled into the van and headed off to the kayaking portion of our trip. After three hours of driving we finally reached Bremen where we found JK and JW cabins camping on both the landing and Hog Island. We decided to stay at Bremen and camp near the dock. Then we had yummy cheese burgers for dinner and scrambled brownies for dessert!

--Caroline Muller

August 2-7- Muscongus Bay

Day 7 -Hog Island

Today was our first day kayaking. We woke up at the normal time and spent to morning eating a big breakfast and learning how to pack a sea kayak. We shared the campsite with some JK campers who were very energetic! Later in the morning we were very sad to hear that our cabin mate Morgan had to be evacuated because of a knee injury. We were all super upset to see her leave, but excited to see her again in a few days. After she left we ate some peanut butter and jelly sandwiches for lunch, and had a chance to go swimming. Once we started paddling, clouds came out and we could hear thunder in the distance. We decided to paddle to Hog Island for safety. We relaxed in the museum and on the dock with the adorable JW campers. We then kayaked around the island toward the campsite on the south end, but we soon found it had been taken by Chewonki! We kayaked back to our original site and set up the tents before it started to rain. In the evening we gathered around the fire in the Fish House and ate delicious pizza. We went to bed full and happy!

--Gretchen Alexander

Day 8 -Thief Island

Today we got up at 6 a.m. and had a good breakfast of oatmeal and cereal.



After breakfast we packed our tents and kayaks. It was low tide, so we had to drag our kayaks through the mud and into the water. It wasn't that hard because we all worked together! Soon we were paddling away from Hog Island. We paddled down Hog Island and passed Indian Island, and soon we saw Thief Island, our destination! It was a fairly quick paddle – only about an hour and 30 minutes! We dragged our kayaks up onto Thief and unpacked. Then we ate tortillas and hummus for lunch. For the rest of the day, we relaxed on the rocks and explored the island. After a delicious dinner or shrimp risotto with fresh Parmesan cheese brought by Laura from Italy, we all went to bed.

--Olivia O'Bryan

Day 9 -Ames Island

Today we woke up at Thief Island, packed up our dry bags and kayaks, and headed for Ames Island! After half an hour of paddling we came to a group of rocks visible only at low tide where seals supposedly like to hang out. There were not any seals on them when we came, but soon enough we saw little grey heads pop up on the sea's surface. Seals! We rafted up and ate some of our granola bars and watched the seals play around. After our seal break, we kept kayaking around Cow Island and soon we came upon Ames Island. We put up our tents, emptied our kayaks, and walked down the island to find a gazebo for lunch because it was starting to rain. We had hash browns with cheese! And after that, we had chocolate with Oreos to dip in it. Then we relaxed and explored the island until dinner. Today was a special day: Benita's birthday. Yesterday was Laura's birthday. For dinner, we had pasta with pesto and

alfredo sauce. And after dinner, we surprised Laura and Benita with a birthday cake made by our counselors. We celebrated their birthdays with cake and songs. After that, it started to rain, so we went into our tents and went to sleep happy and full!

--Clara Parkus

Day 10 -Crow Island

Today we woke up really early on Ames Island. After a quick breakfast of oatmeal and granola, we packed our tents and personal gear in the kayaks. The water was cold and full of seaweed, but just a few meters out it became clear and blue. The paddle was hard but fun. We went around Hungry Island that is owned by Chewonki. Then we stopped on a beach on Bremen Long Island for lunch. The beach was full of beautiful sea glass that we picked up to make jewelry out of. We had tuna and cheese pita wraps for lunch. Then we arrived at Crow Island. We set up our tents, and then relaxed and explored the island. I can't wait for tomorrow!

--Laura Merlo-Pich

Day 11- Wavus

Today we woke up very early at 5 am. We had oatmeal for breakfast, mixed with crushed Oreos! We left Crow Island at about 6am and paddle the short way to Bremen where we got picked up to be driven to Damariscotta Lake. Because we were organized very well, we were able to leave right away. In our sea kayaks we paddled up the lake. At about half way, and after we ate lunch, Morgan got dropped off to paddle the rest of the way with us, so we could get back to camp as a cabin. We were all so glad to be back at camp after a very cool and very fun trip. We had to clean up our gear and our kayaks before we all took showers. It was a nice trip!

--Benita Durach

Allagash I

HBC: Lindsey Applebee

HBC: Charlotte Perkins

July 26-August 7- Allagash

Day 1: Pine Stream

We left Wavus at 6 a.m. and drove 5 hours to Hannibal's crossing after the Caribou Check point. We put in under the bridge and ate our lunch before we took off. All the boats were loaded and ready to go. We began paddling and stopped half way at Big Island for a snack of granola bars and G.O.R.P.. Then we continued on our way to Pine Stream campsite. We got in around 4pm after much anticipation. We set our tents up and began to prepare dinner for the girls. That night we had burgers and Oreos for desert. It started to downpour. Good thing we hung up that tarp. We all huddled around it and talked about our day. All the girls were pretty tired so after flipping the boats we got into our tents and went to bed. The next day we headed towards Mud Pond.

Day 2: Mud Pond

This was the hardest day of the trip. We started off at Pine Stream with a breakfast of luna bars and continued on our way towards mud pond. We paddled the West branch of the Penobscot into Chesuncook Lake where we stopped for fudge and homemade root beer at the store at Chesuncook Village. Then we paddled to the left of Gero Island and continued up Umbazookus Stream through a narrow part and into Umbazookus Lake. The winds were exceptionally rough and it began to rain when we saw the entrance of the Mud Pond Carry. We portaged our canoes first and then we went back, had lunch and portaged our gear. When we finally got

to the end it was too dark to paddle to Gravel Beach so we decided to stay at the end of the Mud Pond carry and set up tents and went to bed.

Day 3: Gravel Beach

Early in the morning we loaded the boats up at the end of the Mud Pond carry and made our way to Gravel Beach. We paddled through Mud Pond and entered Chamberlin Lake. When we got to the campsite around 10am we set up tents and had an early lunch. The Quesadillas were mighty tasty, and for the rest of the day we rested on the beach. Then for dinner we have pizza over the Coleman and watched the sunset, had a bonfire and then went to bed.

Day 4: Chamberlin Lake

The next day we awoke from Gravel Beach went to our resupply at Chamberlin Bridge. We had the intentions of paddling to Lock Dam, but the winds picked up and the boat were almost about to capsize. So we pulled off near Chamberlin Farms and spend the night there, had burgers and waited for the storm to pass.

Day 5: Little Eagle

In the morning we awoke from Chamberlin Lake makeshift campsite had Luna bars and headed to Lockdam. We portaged our gear over that and headed next to Pillsbury Island. There we stopped for a snack and then faced Eagle Lake. The winds were extremely hard that day and we paddled for 4 hours and hardly got anywhere, but we kept on going and finally got to Pump Handle where we stopped for Fajias for dinner. Then the winds died down so we got ahead and stayed the night at Little Eagle campsite.

Day 6: Scofield Point

The next morning we woke up had bars and had a short paddle to Scofield

Point. We got there early, set up camp and had a mini rest day there, ate pita for lunch and rice and bean for dinner. Then we had a campfire and went to bed after a very relaxing day.

Day 7

We woke up around 6 AM, ate bars for breakfast, and began the paddle to Chase Rapids! About 20 minutes into the paddle, we saw a moose in the water eating the grass on the bottom of the shore of the lake. We literally came within 15 feet of the moose and she did not move an inch, it was interesting how unthreatened she felt. After giving the ranger our gear, we went down Chase Rapids. They were rather intense, but thankfully not a single boat flipped. Once we reached the site where the ranger dropped off our gear, we loaded our boats back up, and continued on our way down the river. We decided to stop at Chism Brook campsite for lunch, where we ate sun butter and jelly pitas for lunch. After lunch, we continued paddling about 2 more miles until we reached the Ledges campsite. Once we pulled up, we could hear the thunder off in the distance and decided to set up camp here for the night. For dinner we made pizzas, they were delicious. The rest of daylight hours were spent in our tents hiding from the lightening storm that was passing overhead. After it passed, we made a fire and sang some campfire songs.

Day 8

We got on the water around 9 today and began the paddle down Long Lake, where the winds were rather rough. After paddling for about 2 hours we got to the end of the lake and had to portage over Long Lake Dam. We left all of the gear in the boats and put 4 girls to each canoe in order to carry

over the dam. After that, we paddled another 2 hours or so until we reached Round Pond and pulled up to the Outlet campsite. The campsite was rather wet because it had been raining for the past few days, but we made the most of it. There was supposed to be a killer lightening storm, but thankfully it completely passed us and we didn't get hit by it. For dinner we ate southwest mac & cheese, which is just mac & cheese with salsa in it, and it was absolutely delicious. We decided to call it an early night because we were going to wake up early and paddle 2 days in 1 tomorrow.

Day 9

We got on the water at 5 AM today and paddled until about noon. The paddle was nice and leisurely but it was raining and cold the whole morning. Once we passed the Ranger Station at Michad Farm, we knew that we were only 3 miles away from the falls. Terrified of going over the falls, we hugged the right side of the shore until we saw the portage trail. We portaged all of our gear to the campsite at the end and then walked the canoes in the water to the second portage trail and portaged them to the end of the beach. Once we were done with all of the gear and canoes, we went swimming and jumped off the cliffs on the north side of the falls. It was a lot of fun. After jumping off the cliffs a couple times, we set up camp and had some much needed rest. Some people read down by the beach and others took a nap at the campsite. For dinner we cooked pasta with veggies and had snickers for dessert!

Day 10

Because we paddled ahead yesterday, today was a rest day for us. It was raining in the morning, so we had to



cook our s&m pancakes under the tarp. Everyone had at least 3 pancakes and was pretty stuffed. Around 3 pm the weather cleared up and Gash 2 from Wavus showed up. After they portaged their gear and boats and set up, we showed them where to jump off the cliffs. It was a lot of fun. For the rest of the day we swam, tanned, and read by the beach. It was nice to have a day where we didn't have to pack up camp and paddle. Everyone seemed to enjoy the break and relaxation. For dinner we ate pesto pasta and veggies and then settled into our tents.

Day 11

We strolled out of the tents around 9 AM and made some oatmeal for breakfast. We got on the water around 10 AM and paddled for about 2 hours before reaching this place on the side of the river called 2 Rivers Lunch. The counselors took everyone inside and surprised the kids with a great meal. The milkshakes were amazing. It was awesome to have a nice meal that the counselors didn't have to cook. After we ate, we paddled about 10 more minutes to Allagash Village, a big field, where we set up tents for the night and hung out. As the sun was setting, we all gathered in a circle and discussed all of the fun times we've had during these past 2 weeks on the Allagash.

Day 12

We got on the water at 9:30 AM and began the paddle along the St. John River to Pelliter's campsite. There were some really nice and fun rapids along the way. A couple of the boats almost tipped multiple times. After two and a half hours of leisurely paddling, we reached Pelliter's. Around 7 PM Joe showed up and one of the counselors went with him to pick up pizza. Right as the counselors got back, a huge thunder

and lightening storm picked up right over our heads. We all gathered under the picnic table and sang songs as it passed. It's really sad that we leave to go back to camp tomorrow, it has truly been an amazing trip.

Day 13

We loaded all the canoes and gear onto the trailer and then hit the road to head back to Wavus right at 7 AM. We stopped twice for some snacks and bathroom breaks. We made it back to camp right at the end of lunch, just in time to surprise everyone with our entrance. We ran in like savages and attacked everyone with string cheese!

Hog Island

We got to the Breman Landing around 9 AM. Some of us took the Snowgoose to Hog Island and others kayaked there. Once we all got there, Ryan set up a fire in the Fish House because it was raining and we all hung out. Some of us played cabin games while others read and talked. After that, we ate deli sandwiches for lunch and then split up into groups. Some groups paddled around the shore of the island and picked up trash. Other groups went on a 2-mile hike around the island and picked up trash and cleared the trail free of any sticks or stumps. The island was very pretty. After that, we all met up and got on the Snowgoose to head back to Wavus.



Allagash II

HBC: Carly Shea

JC: Roni Misloki

Hog Island

Today was a nice breezy day to hit up Hog Island. When we arrived Ryan just let the Allagash cabins explore the island and have some down time to do what they wanted. After having some down time we all had some lunch that we packed and energized up for the short hikes and paddles we would be doing. We were split up into four groups where we did come clean ups around the island and trail maintenances. It was so nice that day on the island to just explore the island. After doing some service work we headed back to the main land and headed to round top for some much-needed ice cream.

July 27-August 8-Allagash

Day 1

Today we woke up at 4:30 to go on a five hour car ride to the Allagash River. We paddled for about three hours and stopped for a delicious lunch and a little rest. From there we paddled about another hour to our campsite where we enjoyed burgers and veggies for dinner. It was a great start to the first day of trip.

Day 2

We woke up at 6:45 a.m., ate some yummy breakfast and set off on a beautiful morning paddle. While on our way we got the chance to get extremely close to a Maine Moose who was just enjoying some breakfast of his own. At around 10:30am we reached the store where we enjoyed delicious fudge and root beer floats. After our little break we set back out again on another paddle. We stopped for lunch

later on and reached our next campsite around 3:30, settled in and ate some dinner and set the hay.

Day 3

Today we started our day with granola bars to fuel us for a long day. We began our 2 miles portage through mud, water, and everything in between. First we portaged our canoes in a brief two hours, however it felt like longer. Then we stayed with our gear and ate some lunch. We then hit the trail again and portaged our gear to the end where we celebrated our accomplishments. It wasn't over yet so we continued to paddle several miles to our next campsite where we finally got to relax and enjoy the beautiful Allagash.

Day 4

This morning we got up around 5:30 a.m. to meet Sara Taylor for our resupply at Chamberlain Bridge. After getting the rest of our food we paddled back to our campsite for our first rest day. It was so nice to just relax and enjoy the Gash or just take a much needed nap. We hung out at our campsite for most of the day but after dinner we packed up camp and did the most beautiful sunset paddled ever.

Day 5

We woke up around 6:30 a.m. and started paddling around 7. Today was going to be our longest day because we would be crossing 2 lakes and also doing a small portage. For breakfast we ate it on the river which consists of bagels and cream cheese. On our travels we stopped at the old tram way and took a look at the old trains that used to be used for logging back in the early 1900s. let's just say that day was a long day but it was totally worth it.

Day 6

We woke up very early and paddled from Little Eagle to Scofield Point.

We set up camp and met a wonderful family! However before we set up camp we realized that we forgot one of our tents on the last camp site, so Carly paddled 4 miles there and 4 miles back to get it. After she came back about 2 hours later we had amazing pita pizzas. Afterwards we all hung out in our tents and relaxed.

Day 7

Day 7 was what we had been all been looking forward to...Chase Rapids! We woke up early and had a breakfast of homemade granola bars. Then we paddled down to Churchill Dam where the ranger portaged our gear so we could ride the rapids empty. After he took our gear we brought our canoes down to the water and put in. Most of the rapids were class 3 and we weren't disappointed about it in the least bit. They were so much fun and enjoyed every second of them. At the end we retrieved our gear and continued on our way. This day was always another long day but it was totally worth it because dinner and dessert was delicious.

Day 8

Today we woke up at around 5:15 a.m. and paddled 4 miles until we reached an old dam which we had to portage around. After that we paddled another 10 miles or so until we came to our campsite, outlet, at around 11 a.m. Today we all did an amazing job at paddling and finished early was well deserved. We spent the rest of the day resting and had fantastic pita pizzas for dinner.

Day 9

This morning we woke up around 6:15 a.m. and paddled about 17 miles to the river and had some beef jerky for a snack. We got to Allagash Falls around noon and portaged our canoes

after the falls and set up camp for the next two days. After a quick lunch we grabbed our water bottles, sunscreen, and lifejackets and headed down to the falls for some cliff jumping! After some fun in the sun we headed back up to our campsite had some dinner and relaxed around the campsite with Allagash 2.

Day 10

Today was our second rest day and a much deserved one. We got to sleep in today and when we woke up we made some pancakes with granola. After getting some food in our bellies we headed down to the water till lunch where we did some more cliff jumping and swimming. Today was the best day yet and one that we would never forget.

Day 11

Today we slept in then walked down to the beach part of the falls where we relaxed and tanned in the morning. After we had some lunch we brought our gear down to the canoes, loaded up our gear and headed back out on the famous Allagash. We reached our next campsite around 5pm where we ordered some pizza! Gotta love some pizza.

Day 12

Today we woke up, packed up camp and headed down the rest of the river which was only 8½ miles long. Today's paddle was really special because it was the last day on the river. We reached our last campsite a little after noon which was perfect because we had the rest of the day to rest and get ready to head home the next morning. Later that night Missy came and picked us up, brought us up the road for another night of delicious pizza. After dinner we came back made some scrambled brownies and then hit the hay.



Day 13

This morning we woke up early and finished packing up the rest of our gear into the van and trailer. Gash 2 was finally leaving the wilderness and heading home to WAVUS!!! We had a blast singing and dancing in the van on the way home. We arrived back at camp, unpacked and got things ready for our entrance at dinnertime. This trip was one that we would never forget!

Allagash III

HBC: Frances Robinson

JC: Christine Reighley

July 28- August 9-Allagash

Day 1

The first official day on trip, what a filled day we've had. The 5½ hour van ride north to The Allagash, and more specifically, to Hannibal's Crossing-our put in, took us well off the well-travelled road, to a dusty, logging road. We were all eager to get on the Waterway so we unloaded the vans and filled the canoes with haste. The paddling was beautiful and we all enjoyed the feeling of detachment and solitude that was on the river. We spent the night 7 miles away from the put-in at Big Island and ate hamburgers on bagels.

Day 2

Dear Diary,

We awoke at dawn and calmly cleaned our campsite, taking down tents and packing our bags for the day. We prepared a hearty breakfast of oatmeal and sat around a toasty morning fire. Then we started our trek. Our second day was long and exciting. We went from river to lake to creek to pond. Enjoying root beer floats and fudge at Chisuncook Village, sailing with rain covers and tarps, then

we even saw a moose! We settled in the Mud Pond campsite and trudged (portaged) our canoes along a two-mile trail. We returned to our campsite. Hungry, we ate a Mexican Fiesta, tortillas with rice and beans! Then we went to bed soundly because we all knew we had a big day ahead of us.

-Camille

Day 3

We woke up very early for the big day laid out for us. The day before, we portaged our canoes half way down the Mud Pond trail so we would have an easier time today. For breakfast, we had two yummy granola bars to boost up our energy. We then headed out for some fun and adventure. It took us two trips to complete the portage on a trail that was really just a streambed. When we had finished all the portaging, we ate lunch at the put in to Mud Pond. We ate tortillas, pepperoni, and cheese and finished the meal with the fudge we had saved. We then started our paddle to Gravel Beach where over two lakes. When we arrived at Gravel Beach, we relaxed and had pasta and red sauce for dinner. We saw Long Voyage II from Kieve and Allagash II from Wavus as well which was exciting. We ate s'mores, which we roasted over a fire-they were yummy.

-Marley Santos

Day 4

Today was a rest day and I went with three other people, including Frances, to get the resupply. When we got there, we saw this cute dog that did every command you say. We had to wait for about twenty to thirty minutes, so we played with the dog. When Bethany arrived, we ate some and got on the way. It was a two hour paddle each way. When we got back to the campsite, there were S&M pancakes waiting as our reward. As the

other group arrived, we were cheering and ran to them with a plait of S&M pancakes. When they arrived, we took out the things and went straight to rest. It was amazing.

Day 5- Eloise

We woke at Gravel Beach just in time for a sunrise, had oatmeal for breakfast, and began our paddle well rested from our day off. We paddled into some seemingly nice weather, but a little while after Lock Dam the wind picked up and it became clear it was going to rain. We stopped at Farm Island around lunch, made a fire, and had turkey melts over the fire pit. We also set up a few tents and a tarp in an attempt to stay dry until the rain stopped. When it stopped, we paddled again, but it came clear the rain would only get worse. We stopped at Pump Handle campsite, which was less than an hour away and got our tents up in time before the second downpour started. When the rain finally stopped, we quickly ate PB&J sandwiches for dinner and climbed back into our tents before the rain started for the third time.

Day 6

When we awoke in the morning, the sun was shining in our faces. We cleared our belongings out of the campsite. We ate delicious mouth-watering protein meal bars, dried fruit, and granola bars. We paddled across the wide blue lake until we stopped at Scofield Campsite and had a marvelous lunch of chicken sandwiches. We played cards, read, played games under the tarp while it sprinkled. We had pepperoni pizza for dinner. We had York peppermint patties for dessert. We had yummy hot tea before bed. Then we went to sleep with a long day ahead. Today is one day of our big adventure.

Day 7

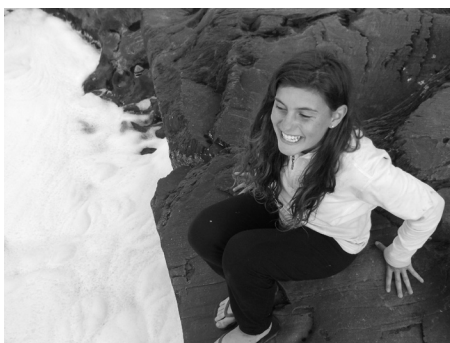
On the day of Chase Rapids, our counselors woke us up and we had bagels with cream cheese. We paddled for a few miles until we reached the rapids. Then, we pulled up our boats and took all the gear out. We paid the ranger \$10 so that he could drive all our things down the river so our things don't get wet or fall out in the rapids. While paddling on the rapids, we encountered big waves and a slow group of boy scouts. After picking up our things at the end of the rapids, we paddled a few more miles until reaching our campsite. We had pepperoni and cheese wraps for lunch and then we set up our tents. After swimming, reading, and making friendship bracelets, we had hamburgers and ended with high, lows, and kudos.

Day 8

We awoke quickly and packed our things up and loaded the canoes. After eating some oatmeal, we hit the road (aka waterway) and began our day's journey. After a few hours, we stopped for lunch and ate tortillas with pepperoni and cheese. YUM! Then we continued on our way to the Tower Trail campsite. Little did we know, another group also wanted to camp there and arrived there minutes before we did. We continued to paddle for a bit more until we arrived at Turks Island where we stayed for the night. Then we had a nice swim and dried off by the fire as we prepared dinner-hamburgers! After dinner, we cleaned up and "bomb-proofed" the site. Then we went to bed. Goodnight!

Day 9

Today was our first full day of river paddling and it felt great. We had a late start and woke up to a beautiful sunrise. The skies were clear so we put



on our bathing suits and life jackets and headed out. We knew the paddle ahead was not very challenging so Frances busted out her ukulele and we enjoyed some music as we drifted down the waters. We ate peanut butter and jellies for lunch on a beautiful beach and got to the campsite not long after. We snacked on goldfish and cooked some ravioli for dinner. We enjoyed a beautiful night sky then went to bed.

Day 10

Today was our rest day! We got to sleep in, enjoyed cinnamon sugar pancakes with mixed nuts, hung out with Allagash II, played in the water, did henna, but most of all rested! We wandered up from the beach and enjoyed pepperoni and cheese for lunch with some carrots and hummus too. Then we went back down and continued jumping off the rocks. Grace and Frances prepared Gado Gado for dinner which is a yummy combination of onions, peanut butter, pasta, and various sauces. We had s'mores with gash 2 then went to bed.

Day 11- Sinclair

Today we got to sleep because we had a short paddle about 7 miles. We quickly left Allagash Falls, which was lots of fun, and headed for Mrs. McBrierty's and stopped for PB & Js on the way. It was lots of fun as we reached Allagash Village and saw our first looks at civilization after the past week or so of not seeing many people. We arrived at Mrs. McBrierty's after it just started to rain. We quickly said hi to Mrs. McBrierty and took our picture with her and then set up tents. Unfortunately, one of our tents was missing a bone so all 9 of us had to squish into 2 tents. We hung in our tents for a while until two girls went the bridge we were near to boil some

water for dinner. We had Ramen for dinner then we ate our long awaited scrambled brownies. We were all excited as we went to bed because the following day was our last paddle.

Day 12

Anticipating our final paddle, the girls packed up the tents in the morning mist and we all enjoyed some cereal and cold milk that Frances got for us! We loaded the canoes and set off down the river for one last time. The paddle presented us with some fun rapids and a strong current. We pulled into the beautiful Pelliter's campground, brought up all our gear, and started to deep clean. For lunch used the rest of our milk and made delicious pancakes. After everything was finished we made friendship bracelets and enjoyed the sun. For dinner, Joe brought us pizza and s'mores. It was a bittersweet ending around the campfire, but the smiles in the girls faces made it all worth while.

Day 13

We woke up early this morning,



not to a canoe down a river, but a drive home to Wavus. The first part of the day was spent in the van but we decided on the way home that our entrance should reflect what we had done on our trip. For lunch, we stopped at Quizznos then continued back on our way home. Our entrance began at Jefferson Scoop then we canoed across the lake and came into general swim chanting "GASH IS BACK!"

Hog Island

All the 'Gashes went out to Hog Island for a day of stewardship. We ate some quality cold cut sandwiches which we grilled-making them paninis, and then we relaxed by the fire in the Fish House for a little bit. We then split into three different groups and were assigned to specific locations where we all performed various manual labors. Most of the girls in Gash III decided to kayak which was the most physically exerting assignment. It felt good to give back to the environment that had just given us an incredible journey down the Allagash.

Long Voyage

HBC: Kailey McKenna

JC: Claire Hirschberg

July 23-August 9-Long Voyage

Day 1

The adventure begins! After a breakfast at Wav, we, the girls of voyage, loaded up our gear in the 99 degree heat to begin our trip. Hoping in the van we said goodbye to hot showers and cozy beds to begin our life on the river. We drove to our white water canoeing clinic at Grindstone rapids. Sara Taylor led us through a refresher course on how to read the river, then after a quick lunch (with a

snickers bar!) we were ready to take on the rapids. 2 miles and no flips later we parted ways with ST and paddled down the river to Pine Grove campsite where we had a delicious pizza dinner and set up camp for our first night of many in the tents.

Day 2

We woke up to the smell of chocolate chip pancakes wafting through our campsite, beckoning us out of bed for our first breakfast on trip. We hoped back in our canoes on the river to work in a paddling clinic before we transferred to Baxter. After lunch in the car, we made it to Baxter and set up camp in the shadow of Katadhin (hence forth know as K-tads). We hiked to Little Niagara Falls where we swam in the mist of the falls. Then we headed back to camp for an early night to take on K-tads in the AM.

Day 3

We awoke with the sun, ready to conquer the ATs formidable final peak. We hiked with enthusiasm to chimney pond and on to the saddle trail, which was where the steep climbing really began. Fortunately the bouldering was no match for us and we reached the summit by lunch time, despite the inclement weather. As the fog thickened we chose not to cross the Knives Edge and instead head down before we found ourselves in even worse weather. Beside, we had reached our goal of summiting, which had proven it to be challenge enough for one day. We had dinner and then scrambled brownies to celebrate before we prepared ourselves to begin our paddling.

Day 4

We woke up early and left Baxter behind us as we made our way to meet our resupply to begin the river portion.

However before we could hit the water we had to portage down 1/4th of the infamous North East Carry. Fortunately the beautiful weather and our eagerness to get on the river made the portage fly by and before we knew it we were making our way down the river to our first campsite by big island for the night. The paddle was a success and we got our first taste of river life when we saw a moose!

Day 5

We woke up to paddle to Chesuncook to go to the Store in the woods for delicious root beer and fudge! We then paddled to Boom house campsite where we swam in the river and ate a yummy dinner before climbing in our tents just as the rain began to fall, lulling us to sleep.

Day 6

We woke up early for a yummy hot breakfast of bacon eggs and cheese before we set off to paddle another day. we took today leisurely, as it was a "half rest day", but we still chose to push on past our campsite to a beach on black pond where we had a hot lunch of grilled cheese and tomato soup. After lunch we paddled a bit further before setting up a primitive campsite on another beach further down the pond. We played in the water and relaxed in the sun before cooking a pesto pasta dinner and settling in for an early night in preparation for a big day to come tomorrow.

Day 7

We had an early start today and with a breakfast of yogurt and granola to fuel us, we began to push on to face the Horserace rapids. After dragging our canoes up the fast moving but low water for a few hours we broke for lunch before taking on the portage. We portaged around the dam where we

took a break, deciding to press on to round pond, finishing 2 day in one!

Day 8

REST DAY! Thanks to our hard work on day 7 today was a rest day on round pond. We all slept in and grabbed a yogurt and granola breakfast as we woke up. The day was spent laying in the sun and listening to Turtle read aloud from the final Sisterhood of the Traveling Pants book. after lunch as the weather turned cooler we all cuddled up in our sleeping bags to continue the story all through our dinner of rice and tuna with s'mores for dessert.

Day 9

We woke up to prepare for our resupply, and had a yummy breakfast of chocolate chip pancakes while we waited for Sara Taylor. Sara arrived just as another rival camp group pulled into the campsite, so we loaded our stuff on the back of the truck and drove off to the portage. From there we were excited for mail, soda and brownies but the clock was ticking and we had some portaging to do. After a quick lunch we began to move our gear and soon enough we were on Allagash Lake, paddling to The Cove to camp for the night. We cooked our stake and cheese dinner over the fire before climbing into our sleeping bags for the night.

Day 10

Day 10 began early as we woke up and made our way across Allagash Lake to explore the ice caves. The narrow passage into the cavern proved to be intimidating but once inside the cave was really exciting and we all enjoyed exploring for a while. Then we loaded up the canoes and pressed on down Allagash Stream and passed Little Allagash falls. We paddled hard all day and the hard work paid off as by the end of the day we were paddling

over the glassy waters of Chamberlin Lake down to Ellis Brook where we camped for the night.

Day 11

Today we started out early, cutting across Chamberlin Lake to stop by a ranger station. Just as we were about to leave the ranger arrived and warned us about the impending lightning storms. Fortunately by day 11 we were all strong paddlers and we pushed effortlessly ahead of the storm and on to Gravel Beach. We set up camp just as lightning began to light up the sky and we spent the rest of our day lounging in our tents before dinner.

Day 12

As per usual for LV we decided against a rest day and pressed on to the bridge at Telos dam to meet Joe for a surprise resupply. After a hot coco break we paddled down to the campsite High Bank where we set up tents and swam in the lake while admiring the mountains of Baxter State Park looming in the distance. We cooked dinner over the fire despite the falling rain, proving time again that LV can quite possibly do anything. Simply put: "it aint no thanng." We then climbed into our sleeping bags, eagerly awaiting McKenna's and Claire's Winne the Pooh singing that would greet us once more on day 13.

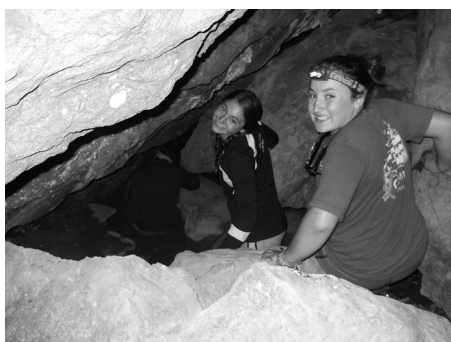
Day 13

We woke up at High Bank and cooked a delicious breakfast of eggs and bacon. After packing up camp we headed down the lake until we reached a dam. The dam meant we had a surprise portage for the day, but being the toughest girls to take on the Maine woods we quickly adapted to the curve ball and were portaged around it and running the unexpected rapids that were waiting for us. After

successfully tackling the rapids we continued paddling down Webster Lake finally ending the day at Little Cofeelos campsite. Once we arrived and set up camp we eagerly enjoyed a lunch of Pep and cheese. After lunch we all headed down to a small beachy area of the campsite, intently listening to Darby's read aloud of Sisterhood Everlasting. After reading and falling asleep under the sun for a few hours we began to cook dinner. That night we cooked up a big meal of pasta with Alfredo chicken and avocado, knowing we had to wake up early for our day of rapids that was to come. We went to bed shortly after dinner, excited and nervous for the next day.

Day 14

WEBSTER BROOK today! Day 14, the infamous Webster Brook, a day filled with class 3 rapids, lake paddling, portaging and perhaps a few flips. We started the day early, and the rain fell heavy on us as we made our way to the mouth of Webster Brook. We ate our breakfast there, resting and preparing for the unknown that lay ahead. Butterflies in our stomachs we began to paddle. Despite the fear that many originally felt we quickly realized Webster Brook had nothing on us. By the time we were running the class 3 Indian Carry, we were all confident and enjoying ourselves, perhaps even asking each other "was that it?" only to reply with a simple "holla!". We pressed on down the rapids with the occasional flip but no loss of gear or life before we found our portage trail. After our portage we still had 11 more miles to tackle with sunset looming not so far in the distance. We paddled into the night and thanks to the help of a Baxter Warden we made it to our campsite. We set up camp and even our soaking



wet tents couldn't dampen our mood. We had completed the hardest day.

Day 15

We woke up at 7 am, tired from the previous day, but still excited to take on another day on the river! We had a quick breakfast of homemade granola bars with nutella and peanut butter. We set out for a 7 mile day however we had to get out and portage twice. During our 2nd portage we ate lunch and then quickly continued on the portage so we could get back to the river. We soon arrived at our campsite located along the Grand Pitch portage and we had some time to swim in the river and relax before dinner. We cooked a quick dinner of pesto pasta and got to bed early so we could be well rested for the next big day.

Day 16

We woke up at grand pitch campsite on the east branch of the Penobscot river and packed up camp before preparing a breakfast of eggs bacon and sausage patties. While breakfast was being made we portaged our gear down to the bottom of the grand pitch rapids. Once we ate our breakfast we finished the portage of canoes and paddled 3/4ths of a mile to the top of the Hulling Machine. Here we unloaded our boats and began to portage again. After this challenging portage we got back into the water and paddled 18 more miles to our campsite, at Whetstone Falls. Here we set up camp and began to work on a warm dinner of Ramen noodles. Everyone ate quickly and enjoyed the meal. When we finished dinner we started a nice fire and sat down to talk and roast marshmallows before bed.

Day 17

Today we woke up and had oatmeal with dried fruit and honey. After

packing up our gear we headed out for 17 miles of canoeing. it started out foggy and it drizzled off on and off through the day. 11 miles in we reached grindstone, which is where we began our voyage. After an amazing lunch with the creation of the "Voyager" (nutella, peanut butter, marshmallow fluff, honey and 2 chewy bars in a wrap) we ran the Grindstone rapids for a second time this summer. We reached our campsite, Pine Grove, at around 2:30. We Hung out until about 4 when we began a dinner of rice with seasoning. That night we had our cabin meeting and talked about how much we LOVE the trip, and each other. We made our cabin bracelets and with 5 more miles to go we felt the end of the trip looming ahead. We slept soundly that night, eager to finish the last 5 of our 150 miles the following day

Day 18

We woke up early, as it was Alexandra's birthday! Sweet 16! After begging Turtle (Emma) not to sing happy birthday as people were trying to sleep, we loaded up our boats for a last time and paddled down to Medway. We got there by 10 am and played on the play set and relaxed in the sun until our resupply arrived. We excitedly loaded up our gear onto the trailer and enjoyed a lunch of turkey sandwiches with some fresh berries to nibble on. We drove to the POC, set up camp, ready for cake and PIZZAPOLOZA! We then had a yummy desert of stuffed banana s'mores cooked over the fire. We eagerly went to sleep, savoring our last night in the woods.

Day 19

WHITE WATER RAFTING!!!!!! WOOOHOOO!!! today was an exciting closure to our trip, we were blessed presence of a local celebrity and we

all enjoyed the white water rafting, especially Small Pine who had by this time completely overcome her fear of rapids. when the rafting ended we loaded up into our van, excited to reenter the real world and wow Wav with the best entrance in the history of the world. We completed Long Voyage and all and all, it really aint no thang. Get at us real world. LV 2011.

Maine Trails

HBC: Lauren Page

JC: Logan Faulkingham

July 21- August 11-Maine Trails

Day 1 Muscongus Bay

Friendship Dock -->Gay Island

Woke up early at Wavus to load the kayaks and load up all the gear! We left Wavus at 9:30 am, everyone waved goodbye and we were off to the Friendship dock. It was a very busy marina full of moored lobster boats. The winds were getting rough and fog was setting in and it took us two and a half hours to get to Gay island. After eating lunch we set up camp and strolled the rocks around the island.

After a rest hour, we started to prep for dinner. The counselors cooked a mouth-watering meal of burgers and veggies and surprised the girls with oreos for desert! After watching a beautiful sunset the women of Wavus headed off to their "castles".

Day 2

Gay Island--> Black Island

Woke up at 7am, packed up tents and Logan cooked a most glorious breakfast of eggs, cheese and sausage. After cleaning up, the girls practiced a safety protocol in kayaks called a wet exit in the nice, morning chilled Atlantic Ocean. At 10:30 am, we set off and stopped off at Cranberry Island

for a nice swim and lunch of hummus, carrots, cucumbers and pita concoction! Then, after walking around the island with full bellies and taking a dip, we paddled to Black Island for the night. For dinner it was gado gado which was elbow noodles, peanut butter and soy sauce; a camp classic! The girls enjoyed some chocolatey S&M's for dinner while watching the sunset and headed off to bed to rest their tired arms.

Day 3

Black Island--> Thief Island

Val

Today we woke up to an overcast cloudy day and had apples, bagels and cream cheese for breakfast! While packing up a MITA (Maine Island Trails Association) volunteer arrived by boat and offered to take our trash! He also shared information about our fellow Kieve Maine Trails friends and there whereabouts. The paddle was short, about an hour, to Thief Island where we witnessed our first seal! After exploring the island, we unloaded our gear, packed our lunch and paddled to Killick Stone Island! Lunch was a delicious sort of peanut butter, jelly and nutella on pita! After relaxing and swimming on this beautiful Island, we paddled back to Thief and soaked up some rays. Shortly after we ate a tasty Italian meal of pasta with Alfredo sauce!

Day 4

Thief Island--> Crow Island

Emmy

The fearless young women of Wavus awoke at 7 am and enjoyed a fulfilling breakfast of granola and moo juice! After packing up our tents and stowing our belongings within our vessels, the true voyage began! With choppy waves and harsh winds, the paddle took around two hours to reach Crow

Island. After setting up their tents, we vacuumed down a delicious lunch of gorp! Following rest hour, we yakked over to Hog Island where we played in the surf and soaked up some more rays. Late on, the feminine pioneers made their way over to Kieve-Wavus Bremen landing for a grilled dinner joined by Sara Taylor, Julie Walters and Logan's family! After Logan bid farewell to her family, the ladies paddled back to Crow Island to retire for the evening.

Day 5

Crow Island--> Sheep Island

Sarah

Because of our 8am pick up at Bremen landing for our transfer, the women of Wavus awoke from their slumber at 6 a.m. We then loaded our belongings onto the trailer after scarfing down honey bunches of oats and milk! We stopped at Madylin's Diner for lunch on the way getting sandwiches and enormous ice cream bowls! Arriving at the busy fishing boat dock in Stonnington, we quickly loaded our kayaks and were on our way to Sheep Island. We stopped by Hells Half Acre Island to check out the tenting scene. However, it was already full like the brilliant counselors anticipated. After a long and hard paddle to Sheep, we set up our wonderful tents and bundled up around the whisperlite stove to cook a marvelous dinner of fajitas! Desert was snickers bars and a joyous amount of home made cookies from Wavus.

Day 6

Sheep Island--> Sheep Island

Elle

This less than fine day began with a shadow of mist and a rain kissed floor. As we emerged from our humble abodes, we scrambled some eggs and cheese on english muffins for breakfast.

Once our tanks were nice and fueled up, we went for a nature walk around the island for an hour! The minute we arrived back at our site there was a grand surprise of kayaks emerging from the distance. After a few hoots and hollers, it was the glorious Maine Trails 1 from Kieve! The girls rejoiced with old friends and and siblings. After a brief discussion between Wavus and Kieve counselors, they were gone as quick as they came. We packed up our bags and ate lunch consisting of scrumptious gorp and bars. We set off in the kayaks in a V formation to keep away the sharks and narwals, and clearly it worked as we made it in one piece. We did some exploration of Sheep after pawning some ideas for our entrance, we started a delish dinner of pizza bagels and veggies! Then, we quickly devoured our dinner and headed to bed dreaming of paddles and sunscreen.

Day 7

Sheep Island--> Campbell Island

Sam

On the glorious July morning, the lovely ladies awoke at 9 a.m. getting a good night's rest. Because of the tide we were unable to pack up the kayaks until 12 noon because of where we placed them upon the shore. We enjoyed a leisurely breakfast of bagels and relaxed before embarking on the



day's journey. We paddled about two miles, ate lunch, then continued onto Campbell Island. Dinner was gado gado, the girls favorite. After a quick rain scare, the girls hunkered down in their tents for a good game of cards before hitting the sacs to prepare for tomorrow's early morning wake up for the transfer at Sedgwick dock.

Day 8

Campbell Island--> Elle's House Tappan

This wonderful day began at the lovely hour of 5:30 a.m. and a warm, hearty bowl of oatmeal to hold us over for our six mile paddle. We arrived a little earlier than expected because of the combination of our amazingly fast paddling skills and the oddly calm Atlantic Ocean with a slight head wind. We eagerly awaited the arrival of the amazing Bethany and her stunning white transfer van. After a exciting boat ride to a near by harbor, the girls and Elle's family devoured delicious deli sandwiches and pasta salad. We then departed and went to Elle's humble abode where there was an open-armed family welcoming. We relaxed, danced and had a grand Mexican fiesta and ice cream sundaes. After pitching tents and brushing our pearly whites and pitching our tents we all went to bed to prepare for our 100 mile hiking excursion the next day. Thank you to Elle's parents for such an amazing day!

Day 9

Elle's House-->

Leeman Brook Lean-to

Lauren

Waking up to the wonderful morning dew and fog filled sky dripping on our faces, we packed our ruck sacks and then indulged ourselves with fabulous mouth-watering crapes with syrup

and hazelnut spread. We then bid our farewells to Elle's family and departed to Monson, ME stopping at a Subway for lunch. After hiking three miles, we arrived at Leeman Brook where we met our first thru hiker, The Roaming Dude. We pitched our glorious tents and scuffed down cheese burgers with bacon and veggies. After filling our bellies, we called it a night, ready to mentally prepare ourselves for the next day.

Day 10

Leeman Brook Lean-to-->

Wilson Valley Lean-to Logan

We awoke to the sound of the pitter-patter of the lightly falling rain at 6 a.m. After struggling to exit our tents, the women of Wavus packed their gear while Logan cooked a delicious meal of chocolate chip pancakes. The young pioneers set foot on the white marked trail, seeing some spectacular views, picking fresh Maine blueberries and meeting other knowledgeable thru hikers! For lunch, we scarfed down delicious ham and cheese/ peanut butter and jelly sandwiches. We then continued the 7.4 mile trek after lunch crossing some mud holes and lovely streams! Suddenly, alas, a beautiful waterfall appeared in the distance where we snapped some cabin pictures. We then continued on our way until we came to a rushing river where we had to put on our water shoes and cross it. Finally, the luxurious lean-to came into view where the women of Wavus sprinted to the new campsite and quickly set up their tents. Then, Logan and Lauren cooked a delicious, hearty meal of Shepards pie consisting of lentils, potatoes, veggies and cheese! The girls learned about learning kindle fires on top of a fry bake to melt the

cheese. Desert was snickers, the girls favorite. After rearranging food and gear for the next day, the girls headed to bed with full stomachs.

Day 11

Wilson Valley Lean-to-->

Cloud Pond Lean-to

Val

After a great night sleep, the women of Wavus were awoken and packed up their tents and belongings into their sweet packs. Val boiled some water from a nearby stream for oatmeal with walnuts and dried fruit. Our trek was out to a smooth start with hourly water breaks until Barren Mountain. We stopped at a lean-to for lunch then headed out to the steepest section of our journey thus so far. After seeing the beautiful views from the Barren Ledges, we headed to the top with better attitudes and a new strut. Reaching the glorious peak that was decked out with a rusty tower, we picked blueberries and headed out to Cloud Pond Lean-to for the night. After reaching Cloud Pond, some girls bathed in the water and rinsed their fantastically smelling clothes. Dinner was a spicy rice and onion on tortillas that filled our bellies and helped us sleep well.

Day 12

Cloud Pond Lean-to-->

East Chairback Pond Campsite

Emmy

On the twelfth day of our journey, the group arose bright and early and enjoyed a breakfast of champions: granola and powdered milk. The whole day consisted of a constant up and down in elevation with four peaks to summit. Since the water source was low at Chairback Gap Lean-to, the group decided to push on three additional miles to East Chairback

where there was better water. Upon our arrival the sky decided to open up and down pour. All of us hastily gathered our things and set up camp. When the rain lightened up, we ate macaroni and cheese and retired to our sleeping bags to drift off into a deep slumber.

Day 13

East Chairback Pond Campsite-->

Carl Newhall Lean-to

Leader: Sarah

This morning we woke up to pitter-pattering of rain and a loud crashing of thunder. Breakfast was two nutritious protein bars and we set out on our journey north bound at 7:30 a.m. It was mostly downhill until we came to a river where the water shoes came out. The water took one woman down, but she got right back up and crossed safely. When we sat down for a yummy lunch of peanut butter and jelly on pitas and dried fruit, and continued on in a soft drizzle and light thunder until arriving at the campsite where we quickly set up the tents before the downpour. After the lightening and thunder passed over, the light drizzle arrived we stalked out of the tents with our driest clothes on and had vegetable soup to warm up our souls. After everything was cleaned up, we went to bed hoping for a sunny day!

Day 14

Carl Newhall Lean-to-->

Logan Brook Lean-to

Elle

Today, the elite girls of Maine Trails awoke to a damp morning, but that didn't stop us. When the going got tough, the tough got going. After a quick and classic breakfast of fresh granola, handpicked blueberries, the girls hit the trails with an immediate river crossing. The first of four mountains was the Gulf Hagas Mountain with

only a few walls to scale. They prepared themselves for the next mountain, West Peak. After scaling some more vertical mountain sides, the girls reached another disappointing view. They scalled back down and then had an easy ride up Hay Mountain where the girls enjoyed a super lunch of peanut butter and jelly on pita. The lunch was quick but provided enough energy to climb the final mountain, White Cap. As the young women reached the foggy summit they continued back down and rolled into the campsite. For dinner, Val and Sam made potato pancakes and regular pancakes with S&M's. The girls then retreated to their tents for a good night's sleep.

Day 15

Logan Brook Lean-to-->

Cooper Brook Falls Lean-to

Leader: Sam

This morning began with a 6:30am sleep in because of the rain. Finally the girls emerged from their water bed tents and wished their beautiful counselor, Logan, a happy birthday. Breakfast was energy bars while the sky still poured. They made fabulous time the first 4 miles until they reached the first uphill of the day. They treked onwards stopping around noon for a lunch of bars, gorp and S&M's. After lunch the going got tough because of the slippery climb but the girls kept busy with hiking games. They finally reached the campsite where they realized Emmy had an ingrown toenail so we decided to call it a day. The ladies soaked in the stream then cooked up a delicious meal of penne alfredo. After cooling off in the stream, the women of Wavus decided to retreat to the tents for the night.

Day 16

Cooper Brook Falls Lean-to-->

Antlers Campsite

Tappan

The always wonderful 4:45 a.m. went well with a delicious meal of oatmeal for breakfast. They then headed out for a 4 mile trek to Jo-Mary road to meet the most wonderful Sara Taylor for our re-supply. When the gracious Sara Taylor arrived with delcious treats from the women of Wavus, and new clothes, we all organized and repacked our backpacks. After the farewell to Sara, we hit the trail hard, and went another 4 miles to Antlers Campsite. The five star campsite had a great area for swimming and a double seated privy. Dinner was gourmet steak and veggies with a side of carrots and hummus. With a campfire to keep the bugs away, we topped off the night with gooey smores and map reviewing. We all went to bed happily with full bellies and dry clothes.

Day 17

Antlers Campsite-->

Nahmakanta Campsite

Val

The day started with a 5:30 a.m. wake up and scrambled eggs and sausage. After packing up, the girls hiked the lovely white trail with a quick view of Katahdin Mountain and a nice long lunch break. After the break it was time to hit the trails again with 8 miles to go. We made it to camp by 12:30 p.m. and filled the day with swimming, rest and relaxation. To top the day off, we had delicious pizza bagels for dinner and oreos for dessert. Then, it was time to hit the bags for some rest.



Day 18

Nahmakanta Campsite-->

Wadleigh Campsite

Emmy

On the eighteenth day of our journey we awoke again at 5:30 a.m. and feasted on some hearty oatmeal. This day brought new challenges in our road of self discovery because today we decided to solo hike for 6 miles. For some of us, it was frightening while others enjoyed it to the fullest degree. During the solo hike, there was time to reflect on the tripping experience as well as personal thoughts. Afterwards we rounded up and had lunch together and then some downtime. With a pleasant surprise, the Kieve Maine Trails caught up with us and we rejoiced with old friends. After that, we all pitched our tents and prepared dinner of stirfry and brown rice. That night, we headed to bed a bit early to catch some sleep and rest up for the big day ahead.

Day 19

Wadleigh Campsite-->

Rainbow Stream Campsite

Sarah

This morning we woke up at 2:30 a.m. for a sunrise hike up Nesuntabunt Mountain! We ate bars and set off into the night with our headlamps guiding us. The darkness didn't extinguish the fire flame inside us and we hiked for two hours until we reached the top at dawn. However, the view was obstructed by the fog and clouds at the top. It was still an amazing view of Nahmakanta Lake. We then continued to a nearby dirt road where we met the wonderful Sara Taylor and Julie Walters to sadly pick up Emmy so that she could see a doctor about her toe. Despite the hard loss, we made on for another 6 more miles with a

lunch break of peanut butter, jelly and nutella. Our Kieve brothers passed some of us on the trail, however, there was enough room for all of us to camp as one at Rainbow Stream Campsite. We took a dip into the lake to cleanse ourselves and then enjoyed a delicious dinner of pasta, pesto sauce and Parmesan cheese. We then cleaned up and enjoyed a lovely sunset with the Kieve boys then headed to bed for our next early morning wake up.

Day 20

Rainbow Stream Campsite-->

Abol Pines Campground

Sam

After an interesting nights sleep with all five girls in one tent, we all woke up at 5:30 a.m. to begin our grand day! We enjoyed a delicious breakfast of group granola and powdered milk and then set out on our 5.2 mile journey. We stopped for a long break on the top Rainbow Ledges, where we picked a gallon bag of fresh blueberries and enjoyed the sun. We stopped at Hurd Lean-to for a quick lunch of sandwiches then continued on. Finally, after 20 days, we saw a brown sign in the far distance. As we hiked closer, the girls approached the sign which read, "The end of the 100 mile wilderness" and took some pictures. We continued on to Abol Pines and enjoyed some well deserved treats. We had some delicious dinner at the small store and ended the night with scrambled brownies to celebrate! Everyone went to bed early to prepare for our 10-mile day to Katahdin!

Day 21

Abol Pines Campground--> Katahdin Stream Campground

Elle

This mighty fine day began with a sleep in till 6:30 a.m. and a great bowl of

good ol' group granola and actual milk from the store! We entered Baxter State Park and encountered a river crossing with required water shoes. The girls continued hiking through the rain slicked path, trekking through to get to the campsite for lunch. They enjoyed a lunch of cheese, crackers, pepperoni and granola. Finally, Sara Taylor and Julie Walters arrived with dinner and extra goodies including Emmy! We visited our Kieve brothers and shared a hearty meal of bear, moose and other great food. We all piled back in the van and went to our campsite to head to bed with happy thoughts of hiking Katahdin the next day!

Day 22

Katahdin Stream Campground--> WAVUS

Our final morning on the Maine Trails trip was an early one. We awoke at a solid 3:45 a.m. to get a head start

on the Hunt Trail up Katahdin. With our head lamps on and our day packs ready, the women of Maine Trails started what they have been waiting 6 years to do. The hike was tough and slick. However, the women pulled through and climbed to the top. With Wavus in the lead, Kieve was right on their tails racing to the summit. Finally, Kieve and Wavus Maine Trails reached the top. Pictures were taken of cabins, counselors, siblings and directors. Everyone was rejoicing for the long trip to come to such an amazing finale. The group hiked back down the mountain, proud of their amazing accomplishments. With the drive back to Wavus, the Maine Trails women planned their epic entrance. Involving fire trucks, body paint, candy and the Kaplan brothers, the entrance was one that will always be remembered.





Wavus Blanket and Paddle Tradition

Paddle

Wavus campers, who have been campers for 5 years and have completed one of the longest trips, are gifted with a paddle embossed with the Wavus emblem at the closing Council Fire each session. This year the recipients were:

Valerie Hirschberg	First Session
Emma Howard	First Session
Meghan Miller	Second Session
Alexandra O'Bryan	Second Session
Dayla Pascador	Second Session
Leland Perry	Second Session
Emily Peters	Second Session
Darby Philbrick	Second Session
Hannah Schott	Second Session
Andrea Silvestri	First Session
Lauren Stone	First Session
Riley Vaske	Second Session
Caroline Wilson	Second Session
Charlotte Woodhams	First Session



Second Session

Blanket

Campers are blanketed for their 100 mile achievement at the closing Council Fire each session. The blankets are reminiscent of the type used by campers in the early years of the camp and are embossed with the Wavus emblem.

This year the recipients were:

Hannah Barnes	Second Session
Lara Defaix	First Session
Caroline Gribbell	First Session
Emma Howard	Second Session
Elizabeth Landry	First Session
Meghan Miller	Second Session
Alexandra O'Bryan	Second Session
Dayla Pascador	Second Session
Leland Perry	First Session
Darby Philbrick	Second Session
Hannah Schott	Second Session
Andrea Silvestri	First Session
Lauren Stone	First Session
Riley Vaske	Second Session
Caroline Wilson	Second Session
Charlotte Woodhams	First Session



First Session



Second Session

Past Recipients of Wavus Paddles and Blankets

2008 Paddle Recipients

Camper Name	Cabin	Session
Hayley Bright	Iroquois	First
Poppy Doolan	Allagash - Buff	First
Chelsea Guptill	Allagash - Green	First
Adrian Huntington	Allagash - Buff	First
Laura Lee	Allagash - Buff	First
Emma Murphy	Iroquois	First

2009 Blanket Recipients

Camper Name	Cabin	Session
Zoe Atchinson	Iroquois	First
Charlotte Blake	Iroquois	First
Poppy Doolan	Allagash - Buff	First
Anna Feiss	Iroquois	First
Grace Muller	Iroquois	First
Ellie Weickert	Iroquois	First
Carey Hauber	Iroquois	Second
Carolyn Ziegna	Iroquois	Second

2009 Paddle Recipients

Camper Name	Cabin	Session
Drew Boulos	Allagash	First
Cullen LaPointe	Allagash	First
Emily Rodrigue	Allagash	First
Alaire Davis	Iroquois	Second
Lexi Dorman	Allagash - Green	Second
Carey Hauber	Iroquois	Second
Nikka Pascador	Allagash - Buff	Second
Lillie Tuthill	Allagash - Green	Second

2010 Blanket Recipients

Camper Name	Cabin	Session
Drew Boulos	Iroquois	First
Dora Cronin	Iroquois	First
Lilly Schrecengost	Iroquois	First
Greta Brown	Long Voyage	Second
Sarah Kaplan	Long Voyage	Second
Lia Keyser	Long Voyage	Second
Georgia McKee	Long Voyage	Second
Elle Reynolds	Long Voyage	Second
Emmy Ribet	Long Voyage	Second

2010 Paddle Recipients

Camper Name	Cabin	Session
Bethany Berry	Iroquois	First
Drew Boulos	Iroquois	First
Dora Cronin	Iroquois	First
Lindsay DeMuth	Iroquois	First
Cullen Lapointe	Iroquois	First
Emily Rodrigue	Iroquois	First
Lilly Schrecengost	Iroquois	First
Greta Brown	Long Voyage	Second
Sam Essig	Long Voyage	Second
Erin Gates	Iroquois	Second
India Kline	Long Voyage	Second
Sarah Kaplan	Long Voyage	Second
Lia Keyser	Long Voyage	Second
Valerie Hirschberg	Long Voyage	Second
Georgia McKee	Long Voyage	Second
Rosie Palmer	Iroquois	Second
Emmy Peters	Long Voyage	Second
Meredith Petralia	Iroquois	Second
Elle Reynolds	Long Voyage	Second
Emmy Ribet	Long Voyage	Second
Eliza Sneed	Iroquois	Second
Lillie Tuthill	Iroquois	Second



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KW WEST

Kieve West. To give you a flavor of the 2 trips, below are a few trip leader excerpts from emails sent home to parents:

First things first, the weather has been amazing. Except for a quick thunderstorm as we left the airport we have not seen a drop. Good weather does wonders for morale, but even without it I don't think anything could get this group down.

The first section of our adventure was a two day rafting trip on the Arkansas River. The guides from River Runners did a great job navigating the high waters and providing lots of entertainment. Andrew Vought was the only one to fall out of the raft, but was quickly recovered by the fearless leader Megan McFarland. A fun 10ft. rock jump on the river caught the attention of India Kline, who was the first to speak up and the first to jump into the icy water. Alex St.John and

leader Forrest Mehlhorn also joined in with some tricky flips off the rock.

Our fly fishing lesson with Telluride Outside was fun and informative. Ian Travis was the only one of the bunch to land a fish, but a good time was had by all. We hope to use some of our new skills during the backpacking section.

We are just over halfway through the backpacking at this point as I write this from high up in the Rockies. We have traveled about 50 miles, and have seen some amazing things. Over passes reaching above 12,000ft and crossing rivers from the melting snow. Additional acknowledgments need to be made for Cullen LaPointe and Henry Clark. Although the girls are outnumbered, Cullen has proven her strength as a hiker and leadership ability everyday. From the quiet girl at the airport she has become a voice of this group. Henry has appeared to be the most comfortable in this outdoor element. His attention to detail has, and



will, make him an exceptional leader. I have also enjoyed fishing with him every chance we get (if only we could catch a fish).

This trip, and group, have been amazing so far. Until the update after the backpacking section, Happy 4th of July!

Forrest Mehlhorn

Hello parents,

It is day 9 of the backpacking and all is wonderful. I just wanted to send this quick picture update from 12,300ft. The group has been working well and really started to own the trip as their own. The staff have been able to take a step back in the day to day operations and let the Leaders of the Day practice running the show.

We hope the summer is going well for everyone where you are. We will send another update at the next available time, but it can be tricky up here in the mountains. If there are any major concerns feel free to contact us, otherwise please be patient with the remoteness of this trip.

It has been 3 days since we finished the backpacking, and spirits are high.

The last few days of hiking were arguably the best. All the kids really stepped up as independent leaders and confidently worked hard to the

end. ET and I left a 30 minute window in-between us and the kids on the trail each of the last few days. As we walked into the predetermined campsite each day we were proud to see camp being set up, cooking and group gear being organized, and good spirits amongst the group members. Their map and compass skills, as well as their efficiency as a team once in camp was amazing. On our final short hike out on day 12 each student traveled solo down the trail reflecting on their experience. Some highlights and favorite sections of the trip were:

Day 11 swimming in Priest Gulch.

Max Tromanhauser

Dinner party of burritos with classy thrift store outfits the night we got off backpacking.

Louis Cusano

Hanging out on resupply day with everyone and eating food.

Molly Billings

Golf at 12,300 ft on day 9.

Cam Knowles

Hiking on day 10 without ET and Forrest. It was cool to do it ourselves.

Will Morrow & Henri d'Autichamp



Hiking over Blackhawk Pass and on to Celebration Lake for the rest day.

Lillie Tuthill

Sockrider Mtn elevation 12,300ft. Hanging out and eating lunch at the top was awesome.

Chris Mackey

The views from Sockrider on day 9. It was a hard day but was so worth it.

Luke Myer

Sleeping under the stars with everyone on the last night of the backpacking.

Mary McAuliffe



The rock climbing has been a new and educational experience for all. Our guides have done a great job having fun with everyone and being motivating in this new sport. Each day had an option of 3 climbs. Everyone was able to successfully complete at least one climb on the first day, and many climbed all three on the second. Today we move back to the Arkansas River with anticipation of our day of rafting tomorrow. The trip is quickly coming to a close, and it is inspiring to look back on how much these students have grown as individuals and as a group. We leave you with this picture of our climbing, and will send one more update after our rafting.

In 2012 the trip will move to the Pacific Northwest. Check it out on the KW website and come join us!

- HRK



Kieve Hosts 10th Anniversary 9/11 Family Camp

Kieve-Wavus hosted the 10th Annual Family Camp for families affected by the September 11th tragedies. Individuals and families from a number of FDNY firehouses and Cantor Fitzgerald in New York as well as The Pentagon all arrived at Kieve for another fun-filled and relaxing week.

New to the camp this year was world renowned fire engine and equipment restorer Andy Swift of Hope, Maine who offered rides to kids and adults in his 1927 American LaFrance fire engine. Andy also hosted a tour of his shop the next day for everyone to see the craftsmanship and detail of his fire equipment restorations. Once again, the firemen took over the kitchen one evening and prepared a delicious Italian dinner for everyone. Returning for their 10th Kieve appearance, musician Bruce Marshall and his guest James Montgomery provided great live music.

Many of the FDNY families at camp were associated with Ladder Company 3 and Battalion 6 on September 11, 2001 when twelve members were lost while evacuating civilians from the North Tower. On July 20th Ladder 3's truck "Big Red" became a permanent part of the 9/11 Memorial Museum when a crane lowered the truck 70 feet into the exhibition area. It was wrapped to protect it and draped with American and FDNY flags. It has been stored at Hangar 17 at JFK International Airport since its recovery. It will be on display when the museum opens in 2012.

According to 9/11 Family Camp Director Russ Williams, "We had another incredible week together with 4 new families joining us for the largest camp since 2002. Once again, many volunteers along with local businesses and our staff helped make this another very special week for our friends from Washington DC & New York."





'11 9/11 Family Camp

Alumni & Family Adventure Camp

After saying goodbye to the last summer camp camper, the Wavus team geared up for another awesome week with the Alumni and Family Adventure Camp here on Damariscotta Lake! Although the first day brought rainstorms, bad weather didn't stop the fun! We started off with a day full of activities like pottery and scrapbook making and finished the day around the campfire. We had many firsts at this campfire including Jesse Stevens having his first S'more! Wavus campers Zoe, Phoebe, and Story led us in the now world-famous "fanny pack song," and we spent the rest of the night sharing songs around the campfire. The next morning we woke up to beautiful weather! We spent the whole day outside; woodshop class became "mobile woodshop" and traveled down to watch the aqua zip! Aqua zip and the H.S. Swing were big hits for all, especially with the nice weather! We took full advantage of the

sunshine and ran boat rides to J-Scoop for ice cream with a stop at the Jefferson Bridge to do some bridge jumping. Wednesday night the staff took all of the kids to Kieve for a magic show and gave parents the opportunity for a night out on the town! Family Camp wouldn't be the same without a trip to the ocean and several families spent a day aboard the Snowgoose fishing, swimming and enjoying the sun. This year's Family Camp will certainly go down in the books as one of our most memorable years ever and the staff is already excited and planning for next summer!







Junior Wavus Session 1 ~ 2011



Junior Wavus Session 2 ~ 2011



Session 1 ~ 2011



Session 2 ~ 2011